

Individual Best Times (All Time)

Heidi Lisher - (233773) - Hemel Hempstead SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.30	32.00	393	12/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161250	4
100 Freestyle	1:07.50	1:08.70	412	12/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161250	4
200 Freestyle	2:27.46	2:29.80	418	15/10/16	Hemel Hempstead 103rd Birthday Open	Hertfordshire	ER161842	3
400 Freestyle	5:26.51	5:30.80	355	27/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
800 Freestyle	10:48.46	10:57.30	399	24/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171346	4
50 Breaststroke	39.19	40.00	379	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
100 Breaststroke	1:23.77	1:25.30	412	15/10/16	Hemel Hempstead 103rd Birthday Open	Hertfordshire	ER161842	3
200 Breaststroke	2:59.49	3:02.40	421	28/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170423	2
50 Butterfly	36.91	37.40	288	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
100 Butterfly	1:23.76	1:24.70	268	27/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151874	4
200 Individual Medley	3:00.32	3:02.50	308	15/12/13	Hemel Hempstead Middle Distance Meet	Hemel Hempstead	ER31024	4