

Individual Best Times (All Time)

Ffion Lewis-Dimmock - (436151) - Mildenhall & District SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.32	31.00	432	14/11/15	Mildenhall & District Club Championships	Mildenhall	ER151177	4
100 Freestyle	1:07.20	1:08.40	418	21/11/15	Mildenhall & District SC Club Championships	Mildenhall	ER151178	4
200 Freestyle	2:28.59	2:30.90	409	27/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
400 Freestyle	5:20.06	5:24.40	377	29/09/15	Mildenhall & District Club Championships	Mildenhall	ER151176	4
800 Freestyle	11:14.97	11:23.50	353	20/09/15	Mildenhall & District Club Championships	Mildenhall	ER151167	4
1500 Freestyle	22:55.02	23:10.00	288	05/10/14	Mildenhall & District Club Championships	Mildenhall	ER4784	4
50 Breaststroke	40.38	41.20	346	20/02/16	Suffolk County Championships 2016	Ipswich	ER160408	2
100 Breaststroke	1:29.18	1:30.60	341	12/11/16	Mildenhall & District Club Championships	Mildenhall	ER161531	4
200 Breaststroke	3:07.95	3:10.70	367	19/06/16	Suffolk County ASA County Development Championship	Newmarket	ER161052	3
50 Butterfly	33.01	33.60	402	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
100 Butterfly	1:17.13	1:18.10	344	19/04/15	Newmarket & District Seventh Open Meet	Newmarket	ER150020	3
200 Butterfly	2:54.04	2:55.80	324	28/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
50 Backstroke	33.79	34.40	417	21/11/15	Mildenhall & District SC Club Championships	Mildenhall	ER151178	4
100 Backstroke	1:12.83	1:13.90	428	16/04/16	Newmarket & District 8th April Open Meet 2016	Newmarket	ER160232	3
200 Backstroke	2:43.14	2:45.20	387	02/10/15	Mildenhall & District Club Championships	Mildenhall	ER151170	4
200 Individual Medley	2:42.25	2:44.70	423	16/04/16	Newmarket & District 8th April Open Meet 2016	Newmarket	ER160232	3
400 Individual Medley	5:50.41	5:55.40	403	25/10/15	Mildenhall & District Club Championships	Mildenhall	ER151174	4
100 Individual Medley	1:15.03	1:15.00	427	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2