

# Individual Best Times (All Time)

Hefina Everard - (472884) - Stowmarket SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.58	33.20	348	11/05/13	West Suffolk SC Open Meet	Bury St Edmunds	ER3267	3
100 Freestyle	1:13.22	1:14.40	323	22/11/14	Stowmarket Club Champs	Stowmarket	ER14652	4
200 Freestyle	2:43.27	2:45.40	308	14/11/14	Stowmarket Club Champs	Stowmarket	ER14651	4
400 Freestyle	5:57.07	6:01.00	271	29/11/13	Stowmarket SC Club Championships	Stowmarket	ER3886	4
50 Breaststroke	47.66	48.30	210	24/11/13	Stowmarket SC Club Championships	Stowmarket	ER3886	4
100 Breaststroke	1:50.51	1:51.60	179	11/11/12	Stowmarket Swimming Club Championships	Stowmarket	ER2731	4
50 Butterfly	36.50	37.00	298	23/11/14	Stowmarket Club Champs	Stowmarket	ER14652	4
100 Butterfly	1:26.87	1:27.70	240	15/11/14	Stowmarket Club Champs	Stowmarket	ER14651	4
50 Backstroke	39.56	40.10	260	22/11/14	Stowmarket Club Champs	Stowmarket	ER14652	4
100 Backstroke	1:26.43	1:27.40	256	16/11/13	Stowmarket SC Club Championships	Stowmarket	ER3886	4
200 Individual Medley	3:14.99	3:17.00	244	23/11/13	Stowmarket SC Club Championships	Stowmarket	ER3886	4
100 Individual Medley	1:25.83	1:25.80	285	25/11/12	Stowmarket Swimming Club Championships	Stowmarket	ER2731	4