

Individual Best Times (All Time)

Jamie Ayres - (533346) - Hemel Hempstead SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.00	32.60	250	21/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
100 Freestyle	1:12.39	1:13.50	237	28/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
200 Freestyle	3:08.58	3:10.40	146	11/12/11	Hemel Hempstead Club Championships	Hemel Hempstead	ER1729	4
400 Freestyle	6:17.89	6:21.60	177	10/12/12	Hemel Hempstead Middle Distance Champs	Hemel Hempstead	ER2807	4
50 Breaststroke	43.17	43.90	193	22/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
100 Breaststroke	1:31.08	1:32.50	223	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
200 Breaststroke	3:20.86	3:23.50	214	28/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
50 Butterfly	53.90	54.30	65	15/07/12	Hemel Hempstead Sprint Champs	Hemel Hempstead	ER2122	4
50 Backstroke	38.75	39.30	185	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
100 Backstroke	1:27.47	1:28.40	168	01/07/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4
200 Backstroke	3:47.86	3:49.30	99	28/11/10	Hemel Hempstead Club Champs	Hemel Hempstead	ER0752	4
200 Individual Medley	3:28.87	3:30.80	144	13/12/11	Hemel Hempstead Club Championships	Hemel Hempstead	ER2121	4
100 Individual Medley	1:22.68	1:22.70	211	29/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4