

Individual Best Times (All Time)

Rebecca Sewell - (716801) - Hemel Hempstead SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.45	29.80	466	05/11/17	East Region Winter Championships	Norwich	ER170911	1
50 Backstroke	32.60	32.00	559	30/04/17	ASA East Long Course Championships	Luton	ER170219	1
100 Backstroke	1:12.64	1:11.50	491	07/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
200 Backstroke	2:38.75	2:36.60	466	04/11/17	East Region Winter Championships	Norwich	ER170911	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.90	29.60	499	15/10/16	Hemel Hempstead 103rd Birthday Open	Hertfordshire	ER161842	3
100 Freestyle	1:02.36	1:03.70	523	21/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171343	4
200 Freestyle	2:17.09	2:19.60	520	07/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
400 Freestyle	4:53.10	4:57.90	491	20/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171342	4
800 Freestyle	10:23.52	10:32.70	448	24/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171346	4
50 Breaststroke	47.32	48.00	215	20/10/13	Hemel Hempstead 100th Birthday Open Meet	Hemel Hempstead	ER3121	3
100 Breaststroke	1:39.48	1:40.70	246	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
200 Breaststroke	3:44.48	3:46.80	215	15/12/13	Hemel Hempstead Middle Distance Meet	Hemel Hempstead	ER31024	4
50 Butterfly	32.57	33.10	419	02/07/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171345	4
50 Backstroke	31.68	32.30	506	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Backstroke	1:07.03	1:08.20	549	02/07/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171345	4
200 Backstroke	2:26.94	2:29.20	530	21/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171343	4
200 Individual Medley	2:38.54	2:41.00	454	12/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161250	4
400 Individual Medley	5:46.02	5:51.10	419	22/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171344	4
100 Individual Medley	1:13.78	1:13.80	449	21/11/15	Watford November County Qualifier Open Meet	Watford	ER150604	3