

Individual Best Times (All Time)

Jamie Sewell - (716802) - Hemel Hempstead SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.69	33.30	234	12/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161250	4
100 Freestyle	1:26.50	1:27.50	139	26/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151874	4
200 Freestyle	3:29.68	3:31.30	106	29/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
400 Freestyle	7:02.30	7:05.60	126	08/10/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151876	4
50 Breaststroke	52.51	53.10	107	19/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
100 Breaststroke	1:54.60	1:55.70	112	16/05/15	Hemel Hempstead 4th Spring Development Meet	Hemel Hempstead	ER150118	3
200 Breaststroke	4:25.03	4:27.00	93	28/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14693	4
50 Butterfly	39.20	39.70	170	26/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161252	4
100 Butterfly	1:44.30	1:45.00	96	27/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151874	4
50 Backstroke	42.30	42.80	142	15/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161253	4
100 Backstroke	1:31.81	1:32.70	145	26/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161252	4
200 Backstroke	3:56.86	3:58.30	88	10/12/12	Hemel Hempstead Middle Distance Champs	Hemel Hempstead	ER2807	4
200 Individual Medley	3:31.31	3:33.20	139	20/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151873	4
100 Individual Medley	1:29.59	1:29.60	166	15/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161253	4