

Individual Best Times (All Time)

Freya Crompton - (739593) - Winchester City Penguins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.42	29.70	467	20/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
100 Freestyle	1:05.18	1:03.90	499	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
200 Freestyle	2:20.30	2:17.80	520	20/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
400 Freestyle	4:52.94	4:48.10	518	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
800 Freestyle	10:07.82	9:58.20	507	01/11/14	Rushmoor Royals Distance Meet	Aldershot	SE4846	1
100 Breaststroke	1:49.32	1:48.20	201	22/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE1206	1
50 Backstroke	36.89	36.30	386	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
100 Backstroke	1:17.15	1:16.10	410	18/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
200 Backstroke	2:44.95	2:42.90	416	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
200 Individual Medley	3:40.03	3:38.20	188	03/04/10	Portsmouth Northsea Easter Meet	Portsmouth	SE0056	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.69	30.40	460	18/10/14	Winchester City Penguins Club Champs	Winchester	ER14385	4
100 Freestyle	1:03.62	1:04.90	492	25/10/14	Winchester City Penguins Club Champs	Winchester	ER14385	4
200 Freestyle	2:15.23	2:17.80	542	09/03/14	Hampshire County Championships	Waterlooville	CC4115	2
400 Freestyle	4:48.32	4:53.10	516	16/11/14	Hampshire Schools Championships	Waterlooville	SE14428	3
800 Freestyle	10:08.25	10:17.70	483	19/10/14	Winchester City Penguins Club Champs	Winchester	ER14385	4
50 Breaststroke	44.74	45.40	254	18/11/12	Winchester City Penguins SC Club Champs	Winchester	SE2762	4
100 Breaststroke	1:36.46	1:37.80	270	17/11/12	Winchester City Penguins SC Club Champs	Winchester	SE2762	4
200 Breaststroke	3:37.22	3:39.60	237	02/07/11	Hampshire County Development	Waterlooville	SE1513	3
50 Butterfly	36.98	37.50	286	25/10/14	Winchester City Penguins Club Champs	Winchester	ER14385	4
50 Backstroke	34.34	34.90	397	16/10/16	Winchester City Penguins Club Championships	St Swithuns	SE162074	4
100 Backstroke	1:15.67	1:16.70	381	05/04/14	Swim Bournemouth 4th Annual Open Meet	Bournemouth	SW4254	2
200 Backstroke	2:35.88	2:38.00	444	18/10/14	Winchester City Penguins Club Champs	Winchester	ER14385	4
200 Individual Medley	2:43.33	2:45.70	415	08/03/14	Hampshire County Championships	Waterlooville	CC4115	2
100 Individual Medley	1:15.43	1:15.40	420	19/10/14	Winchester City Penguins Club Champs	Winchester	ER14385	4