

Individual Best Times (All Time)

Miles Houghton - (755306) - Great Yarmouth SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.92	31.60	277	29/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
100 Freestyle	1:12.53	1:13.70	236	29/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
50 Breaststroke	43.62	44.30	187	29/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
100 Breaststroke	1:56.29	1:57.40	107	10/03/12	Norfolk County Championships	Thetford	CC2081	2
50 Butterfly	39.59	40.10	165	22/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
50 Backstroke	36.18	36.70	228	22/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
100 Backstroke	1:22.81	1:23.80	198	22/06/14	Norfolk County Challenge Gala 2014	Dereham	ER4581	3
100 Individual Medley	1:36.71	1:36.70	132	03/03/12	Norfolk County Championships	Thetford	CC2080	2