

Individual Best Times (All Time)

Abbie Barnwell - (774291) - Team Luton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.82	29.10	496	03/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
100 Freestyle	1:03.49	1:02.20	540	28/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
200 Freestyle	2:15.46	2:12.90	578	02/02/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190246	1
400 Freestyle	4:43.98	4:39.00	569	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
800 Freestyle	9:49.16	9:39.30	557	03/11/17	East Region Winter Championships	Norwich	ER170911	1
1500 Freestyle	18:32.78	18:14.10	565	19/01/19	Bedfordshire ASA 2019 Age Group and County Champs	Luton	ER190244	1
50 Breaststroke	38.25	37.40	443	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
100 Breaststroke	1:22.67	1:21.10	466	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
200 Breaststroke	2:56.84	2:53.80	470	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
50 Butterfly	35.36	34.80	329	03/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Butterfly	1:17.03	1:16.00	373	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
50 Backstroke	37.95	37.40	354	02/07/16	Bishops Stortford End of Season LC Open Meet	Luton	ER160490	3
100 Backstroke	1:18.00	1:17.00	397	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
200 Backstroke	2:40.95	2:38.90	447	04/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
200 Individual Medley	2:38.85	2:36.30	500	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
400 Individual Medley	5:34.87	5:29.60	500	20/04/19	Team Luton April Open Meet	Luton	ER190182	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.74	29.50	507	09/12/18	Team Luton 2018 Winter Development Meet	Inspire Luton	ER181036	3
100 Freestyle	1:01.62	1:03.00	542	30/09/18	Team Luton September Short Course Meet 2018	Inspire Luton	ER181035	3
200 Freestyle	2:10.27	2:12.90	607	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
400 Freestyle	4:31.85	4:37.00	615	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
800 Freestyle	9:26.89	9:37.00	597	02/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
1500 Freestyle	18:01.09	18:20.00	592	20/12/18	Team Luton 2018 Long Distance County Qualifier	Inspire: Luton	ER182804	4
50 Breaststroke	36.10	37.00	485	09/12/18	Team Luton 2018 Winter Development Meet	Inspire Luton	ER181036	3
100 Breaststroke	1:18.89	1:20.50	493	13/07/19	Team Luton Fast and Furious 5	Luton	ER190201	3
200 Breaststroke	2:49.25	2:52.30	502	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
50 Butterfly	33.00	33.60	403	15/06/19	Team Luton Club Compendium 2019	Luton	ER191858	4
100 Butterfly	1:11.21	1:12.30	437	15/06/19	Team Luton Club Compendium 2019	Luton	ER191858	4
200 Butterfly	2:37.88	2:39.90	434	24/06/17	Team Luton Club Championships 2016 17	Luton	ER170101	4
50 Backstroke	34.95	35.50	377	15/06/19	Team Luton Club Compendium 2019	Luton	ER191858	4
100 Backstroke	1:12.11	1:13.20	441	10/11/18	The NASL - London - Rounds 2018 - Div 1 & 2	Becontree	ER182078	3
200 Backstroke	2:32.11	2:34.30	478	21/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	ER181018	3
200 Individual Medley	2:30.60	2:33.20	529	16/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
400 Individual Medley	5:16.89	5:22.40	545	15/12/18	Hillingdon Winter Meet 2018	Uxbridge	LR182147	3
100 Individual Medley	1:13.52	1:13.50	454	24/06/17	Team Luton Club Championships 2016 17	Luton	ER170101	4