

Individual Best Times (All Time)

James Heffer - (776302) - Hamble Aquatics Swim Team

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.23	29.90	328	14/02/16	Fareham Nomads Valentines Meet 2016	Waterlooville	SE160381	3
100 Freestyle	1:03.98	1:05.30	344	15/10/16	Hamble Aquatics Club Championships	Waterlooville	SE162279	4
200 Freestyle	2:24.47	2:26.90	325	14/02/16	Fareham Nomads Valentines Meet 2016	Waterlooville	SE160381	3
400 Freestyle	5:28.36	5:32.60	270	14/10/16	Hamble Aquatics Club Championships	Waterlooville	SE162279	4
50 Breaststroke	40.58	41.30	232	14/02/16	Fareham Nomads Valentines Meet 2016	Waterlooville	SE160381	3
100 Breaststroke	1:28.32	1:29.70	245	14/02/16	Fareham Nomads Valentines Meet 2016	Waterlooville	SE160381	3
200 Breaststroke	3:17.51	3:20.20	225	15/10/16	Hamble Aquatics Club Championships	Waterlooville	SE162279	4
50 Butterfly	33.72	34.30	268	14/06/15	Swim Out of Your Skin Open Meet	Waterlooville	SE151195	3
100 Butterfly	1:35.02	1:35.80	127	25/11/12	Atlantis Christmas Cracker Open Meet	Horsham	SE2529	3
200 Butterfly	3:33.29	3:34.80	125	24/11/12	Atlantis Christmas Cracker Open Meet	Horsham	SE2529	3
50 Backstroke	36.46	37.00	223	22/11/14	Peter Bull Open Meet	Waterlooville	SE14580	3
100 Backstroke	1:19.43	1:20.40	225	05/07/14	Hampshire County Development Meet	Waterlooville	SE4414	3
200 Backstroke	2:49.20	2:51.20	243	22/11/14	Peter Bull Open Meet	Waterlooville	SE14580	3
200 Individual Medley	2:45.68	2:48.00	289	15/10/16	Hamble Aquatics Club Championships	Waterlooville	SE162279	4
100 Individual Medley	1:18.00	1:18.00	252	22/11/14	Peter Bull Open Meet	Waterlooville	SE14580	3