

Individual Best Times (All Time)

Helena Johnson - (817547) - Flitwick Dolphins SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.39	35.00	296	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
100 Freestyle	1:22.55	1:23.60	225	23/11/13	Flitwick Dolphins Club Championships 2013	Biggleswade	ER3994	4
200 Freestyle	3:24.04	3:25.70	158	25/11/12	Flitwick Dolphins Club Championships	Flitwick	ER2705	4
50 Breaststroke	49.59	50.20	187	24/11/13	Flitwick Dolphins Club Championships 2013	Flitwick	ER3995	4
100 Breaststroke	1:51.53	1:52.70	174	30/11/13	Flitwick Dolphins Club Championships 2013	Bletchley	ER31028	4
200 Breaststroke	3:45.77	3:48.10	211	23/11/13	Flitwick Dolphins Club Championships 2013	Biggleswade	ER3994	4
50 Butterfly	45.53	45.90	153	23/11/13	Flitwick Dolphins Club Championships 2013	Biggleswade	ER3994	4
50 Backstroke	43.80	44.30	191	01/12/13	Flitwick Dolphins Club Championships 2013	Flitwick	ER3995	4
100 Backstroke	1:42.18	1:43.00	155	28/10/12	Flitwick Dolphins Open Meet	Flitwick	ER2302	3
200 Backstroke	3:47.04	3:48.50	143	17/11/12	Flitwick Dolphins Club Championships	Flitwick	ER2704	4
100 Individual Medley	1:32.63	1:32.60	227	24/11/13	Flitwick Dolphins Club Championships 2013	Flitwick	ER3995	4