

Individual Best Times (All Time)

Jessica Penkul - (875734) - Bishops Stortford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.18	31.50	394	21/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
100 Freestyle	1:08.12	1:06.90	437	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1
200 Freestyle	2:28.50	2:26.10	438	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
50 Butterfly	32.02	31.40	444	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
100 Butterfly	1:10.01	1:08.90	497	31/03/19	Team Luton March Open Meet	Luton	ER190183	1
200 Butterfly	2:30.59	2:28.50	529	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
50 Backstroke	40.35	39.80	294	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
100 Backstroke	1:17.08	1:16.00	411	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	SE170384	1
200 Backstroke	2:40.86	2:38.80	448	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
200 Individual Medley	2:46.96	2:44.60	431	15/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
400 Individual Medley	5:40.46	5:35.30	476	14/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.81	31.50	412	30/09/18	Bishops Stortford Club Championships 2018	Bishop's Stortford	ER181323	4
100 Freestyle	1:05.87	1:07.10	443	26/10/19	BPSC Autumn County Qualifier 2019	Basildon	ER192092	3
200 Freestyle	2:21.47	2:23.90	474	24/06/17	Bishops Stortford Club Championships 2017	Bishop's Stortford	ER171106	4
400 Freestyle	5:00.41	5:05.10	456	18/06/17	Bishops Stortford Club Championships 2017	Bishop's Stortford	ER171105	4
800 Freestyle	10:52.09	11:00.90	392	28/02/15	Hertfordshire County Championships	Borehamwood	CC150271	2
50 Breaststroke	41.22	42.00	326	21/09/18	Bishops Stortford Club Championships 2018	Bishop's Stortford	ER181323	4
100 Breaststroke	1:37.38	1:38.70	262	19/09/14	Bishop Stortford Club Championships	Bishop's Stortford	ER4547	4
200 Breaststroke	3:27.28	3:29.80	273	14/06/15	Bishops Stortford Closed No Fills 200m Night	Bishop's Stortford	ER150914	4
50 Butterfly	31.29	31.90	473	28/01/18	Hertfordshire County Championships	Borehamwood	ER180357	2
100 Butterfly	1:07.33	1:08.40	517	09/12/17	NASL - London Rounds 2017 - Division 1 & 2	Becontree	ER172129	3
200 Butterfly	2:26.52	2:28.70	544	18/11/18	Guildford City L2 Winter Open	Surrey SP	SE180713	2
50 Backstroke	35.85	36.40	349	30/09/17	Bishops Stortford Autumn Sprint Meet	Harlow	ER170889	3
100 Backstroke	1:13.72	1:14.80	412	15/03/15	Hertfordshire County Championships	Borehamwood	CC150272	2
200 Backstroke	2:34.16	2:36.30	459	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
200 Individual Medley	2:41.25	2:43.70	431	23/06/17	Bishops Stortford Club Championships 2017	Bishop's Stortford	ER171106	4
400 Individual Medley	5:27.21	5:32.50	495	23/09/18	Bishops Stortford Club Championships 2018	Bishop's Stortford	ER181323	4
100 Individual Medley	1:15.69	1:15.70	416	25/06/17	Bishops Stortford Club Championships 2017	Bishop's Stortford	ER171106	4