

# Individual Best Times (All Time)

Amy Pemberton - (886242) - Berkhamsted SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.63	26.90	623	02/03/18	Edinburgh International Inc British Championships	Edinburgh	SCO1430	1
100 Freestyle	59.45	58.00	658	17/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	WL190224	1
200 Freestyle	2:05.56	2:02.80	726	31/07/19	Swim England National Summer Meet	Sheffield	ENG014	1
400 Freestyle	4:26.02	4:20.70	692	02/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
800 Freestyle	9:36.75	9:26.60	593	25/05/19	Plymouth Leander National Qualifier L1 LC Open	Plymouth	SW191273	1
50 Breaststroke	38.04	37.20	450	30/04/16	ASA East Region Long Course Championships	Norwich	ER160820	1
50 Butterfly	30.12	29.50	533	08/02/20	Arena Lisbon International Meet	Lisbon	GBR1311	1
100 Butterfly	1:07.02	1:05.90	567	31/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1
50 Backstroke	33.13	32.50	532	18/11/17	Plymouth Leander Winter National Qualifier Open	Plymouth	SW171930	1
100 Backstroke	1:10.91	1:09.80	528	19/11/17	Plymouth Leander Winter National Qualifier Open	Plymouth	SW171930	1
200 Backstroke	2:57.30	2:55.40	335	04/01/15	BWFSC Level 1 Long Course Meet	London	LR150167	1
200 Individual Medley	2:27.21	2:24.50	628	16/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	WL190224	1
400 Individual Medley	5:24.23	5:18.80	551	31/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	SW190505	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.30	28.10	592	18/01/18	Devon County Championships and Age Groups 2018	Plymouth	SW180384	2
100 Freestyle	57.95	59.40	652	02/12/18	Plymouth Leander Christmas Open	Plymouth	SW182221	3
200 Freestyle	2:06.45	2:09.20	663	04/11/18	ASA SWR Winter Championships	Millfield	SW180511	2
400 Freestyle	4:27.91	4:33.10	643	02/12/18	Plymouth Leander Christmas Open	Plymouth	SW182221	3
800 Freestyle	9:44.26	9:54.10	545	05/02/17	Herts County Champs & Age Group Champs	Borehamwood	ER170424	2
50 Breaststroke	37.01	37.90	450	20/10/18	Exeter City Lindsay Powell Memorial Meet	Plymouth	SW181011	2
100 Breaststroke	1:19.68	1:21.20	479	11/11/17	NASL - London Rounds 2017 - Division 1 & 2	Becontree	ER172124	3
200 Breaststroke	3:05.82	3:08.60	379	03/10/15	Harpenden SC Legacy Open Meet 2015	Borehamwood	ER151365	3
50 Butterfly	29.27	29.90	577	07/12/19	Plymouth Leander Christmas L3 Short Course Open	Plymouth	SW190502	3
100 Butterfly	1:03.56	1:04.70	614	07/12/19	Plymouth Leander Christmas L3 Short Course Open	Plymouth	SW190502	3
200 Butterfly	3:16.50	3:18.10	225	17/11/13	Berkhamsted Club Championships	Aylesbury	ER31019	4
50 Backstroke	32.40	33.00	473	20/10/18	Exeter City Lindsay Powell Memorial Meet	Plymouth	SW181011	2
100 Backstroke	1:09.26	1:10.40	497	14/10/17	NASL - London Rounds 2017 - Division 1 & 2	Hertfordshire	ER172119	3
200 Backstroke	2:39.84	2:41.90	412	26/09/15	Berkhamsted Club Championships Session 2	Berkhamsted	ER151872	4
200 Individual Medley	2:22.52	2:25.30	625	02/12/18	Plymouth Leander Christmas Open	Plymouth	SW182221	3
400 Individual Medley	5:04.82	5:10.50	613	01/12/18	Plymouth Leander Christmas Open	Plymouth	SW182221	3
100 Individual Medley	1:07.54	1:07.50	585	03/11/18	ASA SWR Winter Championships	Millfield	SW180511	2