

Individual Best Times (All Time)

Freya Hilsden - (898100) - Bushey Amateur Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.93	31.30	404	17/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
100 Freestyle	1:11.32	1:10.10	381	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
200 Freestyle	2:32.09	2:29.80	408	02/07/16	Bishops Stortford End of Season LC Open Meet	Luton	ER160490	3
50 Breaststroke	42.93	42.20	313	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
50 Backstroke	37.07	36.50	380	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
200 Individual Medley	2:53.16	2:50.90	386	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.77	31.40	413	26/10/19	Cheshunt 15th Annual Autumn Open Meet	Harlow	ER190526	3
100 Freestyle	1:06.91	1:08.10	423	16/11/19	Watford November 2019 County Qualifier	Garston	ER192687	3
200 Freestyle	2:25.85	2:28.20	432	17/11/19	Watford November 2019 County Qualifier	Garston	ER192687	3
400 Freestyle	5:12.52	5:17.00	405	08/03/20	Watford March 2020 Regional Qualifier	Garston	ER200339	3
800 Freestyle	10:59.78	11:08.50	378	15/11/16	Watford & Hemel Hempstead Club Champs	Watford	ER162495	3
50 Breaststroke	41.91	42.70	310	15/06/19	Stevenage Summer Sprint 2019	Stevenage	ER190364	3
100 Breaststroke	1:29.53	1:30.90	337	30/06/19	Bushey Time Trials 2	Bushey	ER191967	4
200 Breaststroke	3:18.44	3:21.10	311	21/05/17	Hemel Hempstead Spring Development Meet	Hemel Hempstead	ER170858	3
50 Butterfly	34.72	35.30	346	11/11/18	Bushey ASC Time Trials 3	Bushey	ER182635	4
100 Butterfly	1:23.20	1:24.10	274	15/06/19	Stevenage Summer Sprint 2019	Stevenage	ER190364	3
50 Backstroke	36.01	36.60	344	03/12/17	Open Winter Meet 2017	St Albans	ER171804	3
100 Backstroke	1:16.12	1:17.20	374	01/12/18	Bushey ASC Club Champs 3 2018	Woodside LC	ER182603	4
200 Backstroke	2:41.69	2:43.70	398	17/03/19	Watford Regional Qualifier 2019	Garston	ER190184	3
200 Individual Medley	2:45.79	2:48.20	397	16/03/19	Watford Regional Qualifier 2019	Garston	ER190184	3
400 Individual Medley	6:14.37	6:19.00	330	16/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	ER162496	3
100 Individual Medley	1:16.93	1:16.90	396	23/06/19	The Terry Davies Alternative Nationals	Woodside	ER190152	3