

# Individual Best Times (All Time)

Charlotte Hingston - (914156) - Hemel Hempstead SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.72	31.10	412	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Freestyle	1:09.32	1:08.10	415	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
200 Freestyle	2:31.95	2:29.60	409	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
50 Backstroke	35.08	34.50	448	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
100 Backstroke	1:17.12	1:16.10	410	26/03/17	Guildford City Springboard Level 1 Open Meet	Surrey	SE170124	1
200 Backstroke	2:54.59	2:52.70	350	18/04/15	The Bracknell Spring Level 3 Open Meet	Aldershot	SE150574	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.12	30.80	441	02/12/17	Open Winter Meet 2017	St Albans	ER171804	3
100 Freestyle	1:06.59	1:07.80	429	03/12/17	Open Winter Meet 2017	St Albans	ER171804	3
200 Freestyle	2:25.36	2:27.70	437	06/10/18	HHSC Birthday Open	Hemel Hempstead	ER180671	3
400 Freestyle	5:12.87	5:17.30	404	19/06/18	HHSC Club Championships	Hemel Hempstead	ER180673	4
800 Freestyle	11:02.85	11:11.50	373	24/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171346	4
50 Breaststroke	43.82	44.50	271	20/06/18	HHSC Club Championships	Hemel Hempstead	ER180674	4
100 Breaststroke	1:56.05	1:57.10	155	01/07/14	Hemel Hempstead SC Sprint Championships	Hemel Hempstead	ER4169	4
50 Butterfly	34.42	35.00	355	02/07/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171345	4
50 Backstroke	33.55	34.10	426	12/03/17	The Alternative Counties Maxwell L3 Meet	Aylesbury	SE170392	3
100 Backstroke	1:12.90	1:14.00	426	21/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170422	2
200 Backstroke	2:37.08	2:39.20	434	29/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170423	2
200 Individual Medley	2:48.44	2:50.80	378	07/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3
400 Individual Medley	6:09.52	6:14.30	344	16/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	ER162496	3
100 Individual Medley	1:18.44	1:18.40	373	08/10/17	Hemel Hempstead Birthday Open	Hemel Hempstead	ER170859	3