

# Individual Best Times (All Time)

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## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	43.09	43.60	150	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
100 Freestyle	1:40.57	1:41.40	124	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4