

Individual Best Times (All Time)

Deborah Fridkin - (921252) - Bedford Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.78	32.10	373	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Freestyle	1:09.99	1:08.80	403	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Freestyle	2:32.44	2:30.10	405	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
400 Freestyle	5:16.63	5:12.20	410	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
50 Breaststroke	41.78	41.00	339	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Breaststroke	1:32.14	1:30.80	337	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Breaststroke	3:25.28	3:22.70	300	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Backstroke	34.79	34.20	460	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Backstroke	1:15.11	1:14.00	444	26/03/17	Corby Annual Long Course Open Meet	Corby	EM170258	3
200 Backstroke	2:39.36	2:37.30	461	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Individual Medley	2:50.17	2:47.80	407	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
400 Individual Medley	6:26.62	6:22.00	325	12/07/15	Northampton Summer Festival Open Meet	Corby	EM150964	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.24	31.90	395	30/09/17	Modernian Golden Eagle Meet	Bletchley	ER170315	2
100 Freestyle	1:07.49	1:08.70	412	26/11/16	Linslade Crusaders Last Chance Open Meet	Bletchley	ER161823	3
200 Freestyle	2:27.40	2:29.70	419	02/10/16	Modernian Golden Eagle Meet	Bletchley	ER160843	2
400 Freestyle	5:19.40	5:23.80	379	17/04/16	Newmarket & District 8th April Open Meet 2016	Newmarket	ER160232	3
800 Freestyle	11:05.72	11:14.40	368	18/12/16	Modernian Last Chance County Qualifier	Bedford	ER162472	4
50 Breaststroke	40.74	41.50	337	21/10/17	Flitwick Dolphins Open Meet 2017	Biggleswade	ER170904	3
100 Breaststroke	1:29.74	1:31.10	335	22/10/17	Flitwick Dolphins Open Meet 2017	Biggleswade	ER170904	3
200 Breaststroke	3:13.23	3:15.90	337	26/11/16	Linslade Crusaders Last Chance Open Meet	Bletchley	ER161823	3
50 Butterfly	37.90	38.40	266	20/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER160141	3
100 Butterfly	1:29.12	1:30.00	223	06/12/15	Linslade Crusaders Last Chance Open meet	Bletchley	ER151923	3
50 Backstroke	33.82	34.40	416	11/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Backstroke	1:11.71	1:12.80	448	18/03/17	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER170330	3
200 Backstroke	2:36.92	2:39.00	435	19/03/17	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER170330	3
200 Individual Medley	2:52.05	2:54.30	355	22/11/15	Golden Eagle Meet 2015	Bletchley	ER151726	2
400 Individual Medley	6:48.16	6:52.50	255	04/01/15	Modernian Club Championships	Bedford	ER150188	4
100 Individual Medley	1:28.36	1:28.40	261	15/11/14	City of MK Annual 502400's Meet	Milton Keynes	SE4279	3