

Individual Best Times (All Time)

Phoebe Hayden - (926461) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.14	28.40	531	29/04/17	ASA East Long Course Championships	Luton	ER170219	1
100 Freestyle	1:05.66	1:04.40	488	14/05/17	City of Sheffield No Frills Meet	Sheffield	NE170249	1
50 Butterfly	34.88	34.30	343	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
50 Backstroke	31.88	31.20	598	08/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
100 Backstroke	1:11.08	1:09.90	524	01/05/17	ASA East Long Course Championships	Luton	ER170219	1
200 Backstroke	2:41.33	2:39.20	444	30/04/16	ASA East Region Long Course Championships	Norwich	ER160820	1
200 Individual Medley	2:58.68	2:56.50	351	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.65	29.40	512	19/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
100 Freestyle	1:02.50	1:03.80	519	18/03/17	Teamipswich March Open 2017	Ipswich	ER170552	3
200 Freestyle	2:17.32	2:19.80	518	19/03/17	Teamipswich March Open 2017	Ipswich	ER170552	3
400 Freestyle	4:56.58	5:01.30	474	28/02/16	Suffolk County Championships 2016	Ipswich	ER160409	2
50 Breaststroke	37.91	38.70	419	29/11/15	Stowmarket SC Club Championships 2015	Stowmarket	ER151926	4
100 Breaststroke	1:23.93	1:25.40	410	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
200 Breaststroke	3:05.06	3:07.90	384	21/02/16	Suffolk County Championships 2016	Ipswich	ER160408	2
50 Butterfly	32.25	32.80	432	29/11/15	Stowmarket SC Club Championships 2015	Stowmarket	ER151926	4
100 Butterfly	1:17.12	1:18.10	344	14/11/15	Stowmarket SC Club Championships 2015	Stowmarket	ER151925	4
200 Butterfly	3:06.53	3:08.20	263	15/11/15	Stowmarket SC Club Championships 2015	Stowmarket	ER151925	4
50 Backstroke	31.46	32.10	517	21/02/16	Suffolk County Championships 2016	Ipswich	ER160408	2
100 Backstroke	1:07.50	1:08.70	537	11/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170395	2
200 Backstroke	2:29.57	2:31.80	502	19/03/17	Teamipswich March Open 2017	Ipswich	ER170552	3
200 Individual Medley	2:37.74	2:40.20	461	12/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170395	2
400 Individual Medley	5:45.54	5:50.60	420	13/11/15	Stowmarket SC Club Championships 2015	Stowmarket	ER151925	4
100 Individual Medley	1:11.16	1:11.20	500	05/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2