

Individual Best Times (All Time)

Maisy Armstrong - (979364) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.91	34.30	309	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Freestyle	1:26.88	1:25.90	210	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Breaststroke	46.15	45.50	252	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Breaststroke	1:37.15	1:35.80	287	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Breaststroke	3:45.99	3:43.60	225	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Backstroke	41.93	41.40	262	07/02/15	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	32.53	33.20	350	19/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
100 Freestyle	1:12.24	1:13.40	336	26/09/15	Teamipswich Club Championships 2015	Ipswich	ER151190	4
200 Freestyle	2:39.23	2:41.40	332	27/09/15	Teamipswich Club Championships 2015	Ipswich	ER151190	4
50 Breaststroke	38.83	39.60	390	19/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
100 Breaststroke	1:25.98	1:27.40	381	20/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
200 Breaststroke	3:06.10	3:08.90	378	20/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
50 Butterfly	36.34	36.90	301	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
100 Butterfly	1:29.84	1:30.70	217	26/09/15	Teamipswich Club Championships 2015	Ipswich	ER151190	4
50 Backstroke	39.54	40.00	260	06/12/15	Newmarket & District December Open Meet 2015	Newmarket	ER150617	3
100 Backstroke	1:23.47	1:24.40	284	19/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
200 Backstroke	3:19.58	3:21.20	211	21/06/14	Suffolk County ASA Development Championships	Newmarket	ER4546	3
200 Individual Medley	2:52.25	2:54.50	354	21/02/16	Suffolk County Championships 2016	Ipswich	ER160408	2
100 Individual Medley	1:19.39	1:19.40	360	05/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170394	2