

Individual Best Times (All Time)

Rebecca Armstrong - (1131245) - Bor of Waltham Forest (Gators) - 200 Breaststroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:48.23	546	H	31/03/19	Team Luton March Open Meet	Luton	Bo Waltham F	1
2:48.61	542	F	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Bo Waltham F	1
2:49.81	531	H	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Bo Waltham F	1
2:49.93	530	H	19/02/17	Essex Age Group Championships 2017	Basildon	Bo Waltham F	1
2:50.60	524	H	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Bo Waltham F	1
2:50.82	522	H	18/02/18	Essex Age Group Championships 2018	Basildon	Bo Waltham F	1
2:51.38	517	F	25/05/19	2019 London Swimming National Qualifier	London	Bo Waltham F	1
2:52.33	508	F	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Bo Waltham F	1
2:52.69	505	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Bo Waltham F	1
2:52.96	502	H	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Bo Waltham F	1
2:53.04	502	F	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Bo Waltham F	1
2:53.10	501	F	04/11/17	2017 London Swimming Regional Winter Champs	London	Bo Waltham F	1
2:53.45	498	H	04/11/17	2017 London Swimming Regional Winter Champs	London	Bo Waltham F	1
2:53.88	495	F	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	Bo Waltham F	3
2:54.14	492	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Bo Waltham F	1
2:54.51	489	H	29/10/17	Essex Senior Winter Championships 2017	Basildon	Bo Waltham F	1
2:54.74	487	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Bo Waltham F	1
2:55.26	483	H	03/08/17	Swim England National Summer Meet (50m)	Sheffield	Bo Waltham F	1
2:57.29	467	F	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Bo Waltham F	1
2:59.86	447	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Bo Waltham F	1
3:04.01	417	H	21/02/16	Essex Age Group Championships 2016	Basildon	Bo Waltham F	1
3:09.64	381	H	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	Bo Waltham F	3
3:24.22	305	F	04/01/15	BWFSC Level 1 Long Course Meet	London	Bo Waltham F	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
------	--------	-------	------	------	-------	-----------------	-------

2:51.38	517	F	25/05/19	2019 London Swimming National Qualifier	London	Bo Waltham F	1
2:48.61	542	F	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Bo Waltham F	1
2:49.81	531	H	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Bo Waltham F	1
2:48.23	546	H	31/03/19	Team Luton March Open Meet	Luton	Bo Waltham F	1
2:54.74	487	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Bo Waltham F	1
2:52.33	508	F	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Bo Waltham F	1
2:52.96	502	H	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Bo Waltham F	1
2:52.69	505	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Bo Waltham F	1
2:50.82	522	H	18/02/18	Essex Age Group Championships 2018	Basildon	Bo Waltham F	1
2:53.10	501	F	04/11/17	2017 London Swimming Regional Winter Champs	London	Bo Waltham F	1
2:53.45	498	H	04/11/17	2017 London Swimming Regional Winter Champs	London	Bo Waltham F	1
2:54.51	489	H	29/10/17	Essex Senior Winter Championships 2017	Basildon	Bo Waltham F	1
2:53.88	495	F	01/10/17	BWFSC County Qualifier Meet	London Aqua Centre	Bo Waltham F	3
2:55.26	483	H	03/08/17	Swim England National Summer Meet (50m)	Sheffield	Bo Waltham F	1
2:53.04	502	F	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Bo Waltham F	1
2:54.14	492	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Bo Waltham F	1
2:50.60	524	H	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Bo Waltham F	1
2:49.93	530	H	19/02/17	Essex Age Group Championships 2017	Basildon	Bo Waltham F	1
2:57.29	467	F	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Bo Waltham F	1
2:59.86	447	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Bo Waltham F	1
3:04.01	417	H	21/02/16	Essex Age Group Championships 2016	Basildon	Bo Waltham F	1
3:09.64	381	H	12/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot		3
3:24.22	305	F	04/01/15	BWFSC Level 1 Long Course Meet	London	Bo Waltham F	1