

Individual Best Times (All Time)

Rebecca Armstrong - (1131245) - Bor of Waltham Forest (Gators) - 200 Backstroke - Short 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
2:32.52	474	F	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	Bo Waltham F	3
2:34.39	457	F	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bo Waltham F	3
2:35.10	450	H	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	Bo Waltham F	3
2:35.88	444	H	08/12/18	Thurrocks Last Chance County Qualifier	Grays	Bo Waltham F	3
2:36.04	442	F	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Bo Waltham F	3
2:36.20	441	H	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Bo Waltham F	2
2:37.37	431	F	29/09/17	BWFSC Club Championships 2017	London	Bo Waltham F	4
2:38.28	424	F	16/09/16	BWFSC Club Championships	London	Bo Waltham F	4
2:38.40	423	H	12/12/15	Thurrock Last Chance County Qualifier	Thurrock		3
2:46.03	367	F	11/09/15	BWFSC Club Championships 2015	London	Bo Waltham F	4
2:57.44	301		21/09/14	Borough Of Waltham Forest Club Champs	Walthamstow	Bo Waltham F	4
3:11.79	238		06/04/14	BWFSC Secondary Age Group Meet 2014	Walthamstow	Bo Waltham F	3
3:20.72	208		25/11/13	Borough of Waltham Forest Club Championships	Waltham	Bo Waltham F	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:34.39	457	F	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bo Waltham F	3
2:35.10	450	H	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	Bo Waltham F	3
2:35.88	444	H	08/12/18	Thurrocks Last Chance County Qualifier	Grays	Bo Waltham F	3
2:32.52	474	F	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	Bo Waltham F	3
2:37.37	431	F	29/09/17	BWFSC Club Championships 2017	London	Bo Waltham F	4
2:36.04	442	F	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Bo Waltham F	3
2:36.20	441	H	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Bo Waltham F	2
2:38.28	424	F	16/09/16	BWFSC Club Championships	London	Bo Waltham F	4
2:38.40	423	H	12/12/15	Thurrock Last Chance County Qualifier	Thurrock		3
2:46.03	367	F	11/09/15	BWFSC Club Championships 2015	London	Bo Waltham F	4

2:57.44	301	21/09/14	Borough Of Waltham Forest Club Champs	Walthamstow	Bo Waltham F	4
3:11.79	238	06/04/14	BWFSC Secondary Age Group Meet 2014	Walthamstow	Bo Waltham F	3
3:20.72	208	25/11/13	Borough of Waltham Forest Club Championships	Waltham	Bo Waltham F	4