

Individual Best Times (All Time)

Rebecca Armstrong - (1131245) - Bor of Waltham Forest (Gators) - 200 Individual Medley - 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
2:32.06	514	H	20/01/19	Essex Age Group Champs 2019	Basildon	Bo Waltham F	2
2:33.65	498	F	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bo Waltham F	3
2:34.38	491	F	09/06/17	BWFSC Club Championships 2017	London	Bo Waltham F	4
2:34.86	487	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Bo Waltham F	3
2:35.22	483	H	11/12/16	Thurrock Last Chance County Qualifier	Thurrock	Bo Waltham F	3
2:35.36	482	F	02/03/19	Enfield Spring Regional Qualifier	Enfield	Bo Waltham F	3
2:35.63	480	F	13/07/18	BWFSC Club Championships 2018	Sylvestrian LC	Bo Waltham F	4
2:35.71	479	H	02/11/19	2019 London Region Winter Championships	London	Bo Waltham F	2
2:36.21	474	H	06/11/16	London Region Winter Championships	Stratford	Bo Waltham F	2
2:38.17	457	H	02/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Bo Waltham F	2
2:42.50	421	F	01/07/16	BWFSC Club Championships	London	Bo Waltham F	4
2:50.46	365	F	03/07/15	BWFSC Club Championships 2015	London	Bo Waltham F	4
2:58.59	317	H	18/01/15	Essex County Age Group Championships 2015	Basildon		2
3:05.33	284		20/09/14	Borough of Waltham Forest Club Championships	Walthamstow	Bo Waltham F	4
3:11.14	259		05/04/14	BWFSC Secondary Age Group Meet 2014	Walthamstow	Bo Waltham F	3
3:33.13	186		21/10/13	Borough of Waltham Forest Club Championships	Waltham	Bo Waltham F	4

Swims in Date Order

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