

# Individual Best Times (All Time)

Rebecca Armstrong - (1131245) - Bor of Waltham Forest (Gators) - 100 Breaststroke - 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
1:16.64	538	H	19/01/19	Essex Age Group Champs 2019	Basildon	Bo Waltham F	2
1:17.06	529	F	12/07/19	BWFSC Club Championships 2019	Sylvestrian LC	Bo Waltham F	4
1:17.28	525	F	19/01/19	Essex Age Group Champs 2019	Basildon	Bo Waltham F	2
1:17.96	511	H	02/11/19	2019 London Region Winter Championships	London	Bo Waltham F	2
1:18.37	503	F	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bo Waltham F	3
1:18.72	497	F	09/06/17	BWFSC Club Championships 2017	London	Bo Waltham F	4
1:19.02	491	H	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	Bo Waltham F	3
1:19.50	482	F	13/07/18	BWFSC Club Championships 2018	Sylvestrian LC	Bo Waltham F	4
1:19.54	481	H	03/11/18	2018 London Swimming Regional Winter Champs	London	Bo Waltham F	2
1:20.23	469	H	06/11/16	London Region Winter Championships	Stratford	Bo Waltham F	2
1:24.19	406	F	01/07/16	BWFSC Club Championships	London	Bo Waltham F	4
1:30.31	329	F	03/07/15	BWFSC Club Championships 2015	London	Bo Waltham F	4
1:30.89	322	H	20/06/15	Thurrock Summer Sprint Meet	Thurrock		3
1:32.99	301	F	31/01/15	Essex County Age Group Championships 2015	Southend		2
1:35.28	280	H	31/01/15	Essex County Age Group Championships 2015	Southend		2
1:38.80	251		20/09/14	Borough of Waltham Forest Club Championships	Walthamstow	Bo Waltham F	4
1:39.95	242		28/09/14	BWFSC County Qualifier Sprint Meet 2014	Walthamstow	Bo Waltham F	3
1:42.90	222	F	26/04/14	London Borough of Redbridge Meet 2014	Barking	Bo Waltham F	3
1:47.13	197		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
1:18.37	503	F	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bo Waltham F	3
1:19.02	491	H	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	Bo Waltham F	3
1:17.96	511	H	02/11/19	2019 London Region Winter Championships	London	Bo Waltham F	2
1:17.06	529	F	12/07/19	BWFSC Club Championships 2019	Sylvestrian LC	Bo Waltham F	4

1:17.28	525	F	19/01/19	Essex Age Group Champs 2019	Basildon	Bo Waltham F	2
1:16.64	538	H	19/01/19	Essex Age Group Champs 2019	Basildon	Bo Waltham F	2
1:19.54	481	H	03/11/18	2018 London Swimming Regional Winter Champs	London	Bo Waltham F	2
1:19.50	482	F	13/07/18	BWFSC Club Championships 2018	Sylvestrian LC	Bo Waltham F	4
1:18.72	497	F	09/06/17	BWFSC Club Championships 2017	London	Bo Waltham F	4
1:20.23	469	H	06/11/16	London Region Winter Championships	Stratford	Bo Waltham F	2
1:24.19	406	F	01/07/16	BWFSC Club Championships	London	Bo Waltham F	4
1:30.31	329	F	03/07/15	BWFSC Club Championships 2015	London	Bo Waltham F	4
1:30.89	322	H	20/06/15	Thurrock Summer Sprint Meet	Thurrock		3
1:32.99	301	F	31/01/15	Essex County Age Group Championships 2015	Southend		2
1:35.28	280	H	31/01/15	Essex County Age Group Championships 2015	Southend		2
1:39.95	242		28/09/14	BWFSC County Qualifier Sprint Meet 2014	Walthamstow	Bo Waltham F	3
1:38.80	251		20/09/14	Borough of Waltham Forest Club Championships	Walthamstow	Bo Waltham F	4
1:42.90	222	F	26/04/14	London Borough of Redbridge Meet 2014	Barking	Bo Waltham F	3
1:47.13	197		25/11/13	Borough of Waltham Forest Club Championships	Waltham	Bo Waltham F	4