

# Individual Best Times (All Time)

Josephine Armstrong - (1179445) - Worcester SC - 50 Freestyle - 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
28.26	534	H	15/12/19	Worcester Swimming Club Age Group	Perdiswell LC	Worcester	4
28.66	512	H	25/01/20	Worcester County Sprint Championships	Worcester	Worcester	2
28.68	511	F	25/01/20	Worcester County Sprint Championships	Worcester	Worcester	2
28.69	510	F	15/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	Worcester	2
28.92	498	H	01/12/18	Wyre Forest County Qualifier	Wolverhampton	Worcester	3
28.96	496	H	09/12/18	Worcester Age Group Championships 2018	Worcester	Worcester	4
29.03	492	H	06/10/19	Worcester Swimming Club Autumn Open Meet	Worcester	Worcester	3
29.22	483	H	28/01/18	Worcester County Age Group Competitions	Wolverhampton	Worcester	2
29.27	480	F	01/04/17	Gloucester City Spring Meet 2017	Gloucester		2
29.33	477	H	30/09/18	Worcester Swimming Club 22nd Open Meet	Worcester	Worcester	3
29.34	477	H	10/12/17	Worcester Age Group Championships 2017	Worcester	Worcester	4
29.35	476	H	08/04/18	Haden Hill Open Meet 2018	Wolverhampton	Worcester	3
29.50	469	H	07/07/19	Worcester Swimming Club 3rd Summer Open Meet	Worcester	Worcester	3
29.57	466	H	15/05/21	Worcester	Perdiswell	Worcester	0
29.69	460	F	28/05/17	Southwold Annual May Open Meet	Gloucester		3
29.73	458	H	02/12/17	Wyre Forest County Qualifier	Wolverhampton	Worcester	3
30.06	443	H	08/10/17	Worcester 20th Open Meet	Perdiswell LC	Worcester	3
30.50	424	F	16/07/16	Gloucester City Summer Level 3	Gloucester		3
30.59	421	F	29/05/16	Southwold May Meet	Gloucester	Worcester	3
30.64	419	H	16/10/16	Worcester 20th Open Meet	Worcester	Worcester	3
30.81	412	H	26/11/16	Worcester Age Group Championships 2016	Worcester	Worcester	4
30.96	406	H	31/01/16	Worcester County SA County Championships	Wolverhampton	Worcester	2
31.08	401	H	25/10/15	Worcester 19th Open Meet	Worcester		3
31.10	400	H	13/03/16	Tigersharks Spring Open Meet	Swindon	Worcester	3
31.43	388	F	25/10/15	Worcester 19th Open Meet	Worcester		3
31.47	386	F	09/04/16	Gloucester City Spring Level 2	Gloucester		2
31.66	372	F	24/05/16	Southwold May Meet	Gloucester		2

31.00	312	F	24/03/13	Southwold May Meet	Gloucester		
33.54	319	F	11/04/15	Gloucester City Level 2 April Open Meet	Gloucester	Worcester	2
34.12	303		11/01/15	Stourbridge Crystal Open Meet 2015	Wolverhampton	Worcester	3
35.14	277	H	26/10/14	Worcester 18th Open Meet	Worcester		3
35.77	263	H	06/07/14	Boldmere SC Water Carnival	Birmingham		3

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