

Individual Best Times (All Time)

Josephine Armstrong - (1179445) - Worcester SC - 100 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
1:09.78	486	H	25/11/18	Worcester Age Group Championships 2018	Worcester	Worcester	4
1:09.81	486	H	24/11/19	Worcester Swimming Club Age Group	Perdiswell LC	Worcester	4
1:10.34	475	F	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	Worcester	2
1:10.86	464	H	26/11/17	Worcester Age Group Championships 2017	Worcester	Worcester	4
1:15.85	378	F	28/05/16	Southwold May Meet	Gloucester	Worcester	3
1:16.14	374	F	09/04/16	Gloucester City Spring Level 2	Gloucester		2
1:16.25	373	H	31/01/16	Worcester County SA County Championships	Wolverhampton	Worcester	2
1:16.57	368	H	13/03/16	Tigersharks Spring Open Meet	Swindon	Worcester	3
1:16.60	367	H	15/10/16	Worcester 20th Open Meet	Worcester	Worcester	3
1:17.33	357	H	11/12/16	Worcester Age Group Championships 2016	Worcester	Worcester	4
1:18.76	338	H	24/10/15	Worcester 19th Open Meet	Worcester		3
1:19.64	327	F	23/05/15	Southwold May Meet	Gloucester		3
1:20.22	320	F	20/12/15	City of Bristol Level 2 Open Meet	Hengrove Park		2
1:34.50	195	H	25/10/14	Worcester 18th Open Meet	Worcester		3
1:36.88	181	H	05/07/14	Boldmere SC Water Carnival	Birmingham		3

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