

Individual Best Times (All Time)

Jasmyne Head - (774345) - Rochford & District SC - 50 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 |
|-------|--------|-------|----------|--|------------|-----------------|-------|
| 45.16 | 247 | H | 15/10/16 | Rochford & District Club Championships | Rochford | Rochford | 4 |
| 45.36 | 244 | H | 01/10/16 | Cambridge Grand Prix Regional & National Qualifier | Cambridge | Rochford | 2 |
| 45.48 | 242 | H | 06/12/15 | Braintree & Bocking Spring Festival Open Meet | Braintree | | 3 |
| 46.47 | 227 | H | 08/12/13 | Rochford & District SC Club Time Trials 2013 | Rochford | Rochford | 4 |
| 46.61 | 225 | | 06/04/13 | Sudbury & District Spring Meet | Sudbury | Rochford | 3 |
| 46.85 | 222 | H | 19/04/15 | Essex & Regional Qualifier | Thurrock | | 3 |
| 47.04 | 219 | H | 28/11/15 | Rochford & District Winter Time Trial 2015 | Hockley | | 4 |
| 47.19 | 217 | H | 05/10/13 | Bishop Stortford 5th Autumn Open Meet | Braintree | Rochford | 3 |
| 47.35 | 215 | H | 05/07/15 | Rochford & District Club Championships 2015 | Rochford | | 4 |
| 47.63 | 211 | H | 07/07/13 | Rochford & District Club Championships | Rochford | Rochford | 4 |
| 47.83 | 208 | H | 09/11/14 | BOSS Firework Spectacular Gala | Southend | | 3 |
| 49.57 | 187 | H | 23/12/12 | Rochford & District Club Championships | Rochford | Rochford | 4 |
| 50.15 | 181 | F | 14/07/12 | Barking & Dagenham End of Season Meet | Dagenham | Rochford | 3 |
| 53.09 | 152 | H | 25/09/11 | Bishop's Stortford Autumn Open Meet | Braintree | Rochford | 3 |
| 54.67 | 139 | H | 28/05/11 | Colchester Open Meet 2011 | Colchester | Rochford | 3 |
| 55.71 | 132 | H | 03/07/11 | Braintree & Bocking SC Summer Sprint Meet | Braintree | Rochford | 3 |

Swims in Date Order

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