

# Individual Best Times (All Time)

Rhys Armstrong - (864246) - Verulam ASC - 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
25.71	482	F	30/06/18	VERULAM ASC SUMMER CLUB CHAMPS	WESTMINSTER LODGE	Verulam	4
26.30	450	F	01/07/17	Verulam Summer Club Champs	St Albans	Verulam	4
26.56	437	F	09/12/18	Hemel Hempstead Alan Doyle Memorial Sprint Meet	Hemel Hempstead	Verulam	3
26.76	427	H	27/01/18	Hertfordshire County Championships	Borehamwood	Verulam	2
26.78	426	F	18/06/17	The Terry Davies Alternative Nationals	Watford	Verulam	3
26.94	419	H	26/01/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Verulam	2
27.43	397	F	27/11/16	Hitchin Open Last Chance Meet	Borehamwood	Verulam	3
27.70	385	F	30/06/19	Verulam ASC Club Champs Summer	St Albans	Verulam	4
27.86	378	F	19/06/16	Verulam Club Championships 1	St Albans	Verulam	4
28.36	359	H	25/01/16	Hertfordshire County Championships	Borehamwood	Verulam	2
29.79	309	F	26/09/15	Verulam Autumn Club Championships	St Albans	Verulam	4
33.50	217	F	21/06/14	Verulman Summer Club Championships	St Albans	Verulam	4
35.82	178	F	06/07/13	Verulam Summer Sprint Championships	Watford	Verulam	4
36.02	175	F	30/06/13	Watford SC Alternative Nationals Open Meet	Watford	Verulam	3
38.41	144	F	13/05/12	Stevenage SC May Open Meet	Stevenage	Verulam	3
38.75	140	F	30/06/12	Verulam Summer Sprint Championships	Hempstead	Verulam	4
39.25	135		11/02/12	Harrow & Wealdstone John Basford Open Meet	Barnet	Verulam	4
39.72	130	F	19/11/11	Verulam ASC Club Championships	Hemel Hempstead	Verulam	4
40.48	123	F	10/07/11	Watford SC Alternative Nationals Open	Watford	Verulam	3
41.81	112	F	18/06/11	Verulam Club Championships	Hemel Hempstead	Verulam	4

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