

Individual Best Times (All Time)

Ellen Armstrong - (872894) - Harrogate 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 |
|-------|--------|-------|----------|---|-----------|-----------------|-------|
| 45.48 | 242 | H | 17/06/14 | Harrogate Club Championships | Harrogate | Harrogate | 4 |
| 46.23 | 231 | H | 17/06/12 | Harrogate District SC Summer A Grade Meet | Harrogate | Harrogate | 3 |
| 46.28 | 230 | H | 13/05/13 | Harrogate District SC Club Championships | Harrogate | Harrogate | 4 |
| 47.43 | 214 | H | 13/01/13 | Harrogate Janus A B Grade Meet | Harrogate | Harrogate | 3 |
| 47.59 | 211 | H | 16/04/12 | Harrogate Club Championships | Harrogate | Harrogate | 4 |

Swims in Date Order

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|-------|--------|-------|----------|---|-----------|-----------------|-------|
| 45.48 | 242 | H | 17/06/14 | Harrogate Club Championships | Harrogate | Harrogate | 4 |
| 46.28 | 230 | H | 13/05/13 | Harrogate District SC Club Championships | Harrogate | Harrogate | 4 |
| 47.43 | 214 | H | 13/01/13 | Harrogate Janus A B Grade Meet | Harrogate | Harrogate | 3 |
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