

Individual Best Times (All Time)

Helena Hordern - (908098) - Stafford Apex SC - 200 Individual Medley - 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 |
|---------|--------|-------|----------|--|----------------------|-----------------|-------|
| 2:36.71 | 470 | H | 11/02/17 | Staffordshire ASA Championships | Stafford | StaffordApex | 2 |
| 2:40.59 | 436 | H | 03/12/16 | Stafford Apex 2016 Winter Open Meet | Stafford | StaffordApex | 3 |
| 2:42.60 | 420 | H | 11/12/16 | Newcastle (Staffs) Licensed Open Meet | Newcastle under lyme | StaffordApex | 3 |
| 2:45.26 | 400 | H | 18/09/16 | City of Stoke on Trent B Grade Open Meet | Stoke | StaffordApex | 3 |
| 2:45.41 | 399 | H | 06/12/15 | Stafford Apex 2015 Winter Open Meet | Stafford | StaffordApex | 3 |
| 2:48.28 | 379 | H | 13/02/16 | Staffordshire County Championships 2016 | Stafford | StaffordApex | 2 |
| 2:48.37 | 379 | H | 29/03/15 | Thirty Second City of Derby Open Meet 2015 | Derby | | 3 |
| 2:50.62 | 364 | | 13/03/16 | Stourbridge Crystal Open Meet | Wolverhampton | StaffordApex | 3 |
| 2:54.22 | 342 | H | 31/01/15 | Staffordshire ASA County Championships | Stafford | | 2 |
| 2:55.10 | 337 | H | 15/11/14 | Stafford Apex Open Meet | Stafford | | 2 |
| 2:56.20 | 330 | | 11/01/15 | Stourbridge Crystal Open Meet 2015 | Wolverhampton | StaffordApex | 3 |
| 2:58.29 | 319 | H | 21/09/14 | City of Stoke on Trent B Grade Open Meet | Stoke on Trent | | 3 |
| 2:59.09 | 315 | | 23/11/14 | P B Buster Gala | Wolverhampton | StaffordApex | 3 |
| 3:02.21 | 299 | H | 01/03/14 | Staffordshire ASA County Championships | Stafford | StaffordApex | 2 |
| 3:03.68 | 292 | H | 16/11/13 | Stafford Apex Open Meet | Stafford | StaffordApex | 2 |
| 3:05.98 | 281 | H | 22/09/13 | City of Stoke on Trent SC B Grade Meet | Fenton | StaffordApex | 3 |
| 3:14.96 | 244 | | 01/04/13 | City of Birmingham SC 20th Open Meet | Birmingham | StaffordApex | 2 |
| 3:15.55 | 241 | H | 14/07/13 | Wolverhampton Open Meet | Wolverhampton | StaffordApex | 3 |
| 3:15.85 | 240 | H | 10/02/13 | 11th Cannock Phoenix Open Meet | Wolverhampton | StaffordApex | 3 |
| 3:19.42 | 228 | H | 17/11/12 | Stafford Apex Licensed Meet | Stafford | StaffordApex | 2 |
| 3:28.98 | 198 | H | 23/09/12 | COSACSS B Grade Open Meet | Stoke on Trent | StaffordApex | 3 |

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