

Individual Best Times (Masters)

Francesca Allmark-Palmer - (24674) - Derby Excel Swimming Club

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	34.48	321	10/12/23	East Midland Masters & Senior Age Group Championsh	Derby	MAS1106	0
50 Breaststroke	39.27	409	10/12/23	East Midland Masters & Senior Age Group Championsh	Derby	MAS1106	0
100 Breaststroke	1:26.95	401	10/12/23	East Midland Masters & Senior Age Group Championsh	Derby	MAS1106	0
200 Breaststroke	3:10.76	374	21/04/24	British Masters Championships 2024	Swansea	MAS1147	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	33.38	324	17/09/23	Leicestershire ASA Masters gala	Leicester	MAS1070	0
50 Breaststroke	38.41	402	02/03/24	Steve's Team & Uni of Birmingham Masters Meet 2024	Birmingham	MAS1127	0
100 Breaststroke	1:26.52	374	02/03/24	Steve's Team & Uni of Birmingham Masters Meet 2024	Birmingham	MAS1127	0
200 Breaststroke	3:13.30	337	21/05/23	Derbyshire Masters SC Championships	Matlock	MAS1043	0
200 Individual Medley	2:56.42	329	02/03/24	Steve's Team & Uni of Birmingham Masters Meet 2024	Birmingham	MAS1127	0
100 Individual Medley	1:22.37	322	29/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0