

Henry Helgesen

Meet	Date	200 Free	200 I.M.	50 Free	100 Fly	100 Free	500 Free	100 Back	100 Breast
2023-2024 Best Times		2:09.21	2:21.52	23.96	1:08.59	55.64	6:24.51	1:05.58	1:05.99
2024-2025 Best Times		1:55.36	2:10.70	22.39	1:02.86	49.99		1:02.60	58.29
2025-2026 Best Times			2:06.41	21.91		48.38	5:10.25	1:01.35	57.18

2023-2024 2024-2025 2025-2026 2026-2027

