

Individual Best Times (All Time)

Naythan Aung - (1114930) - City of Cambridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.98	24.10	586	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Freestyle	56.01	54.50	585	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
200 Freestyle	2:13.40	2:10.80	447	18/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
400 Freestyle	5:27.40	5:23.10	303	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	ERX413	1
50 Breaststroke	31.43	30.40	562	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Breaststroke	1:12.19	1:10.40	489	17/02/18	Essex Age Group Championships 2018	Basildon	ER180157	1
200 Breaststroke	2:47.32	2:44.10	421	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
50 Butterfly	26.71	26.00	579	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Butterfly	1:00.19	58.90	554	01/03/20	Essex Age Group Championships 2020	Basildon	ER200175	1
200 Butterfly	3:14.02	3:12.40	183	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	ER3693	1
50 Backstroke	28.24	27.50	579	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Backstroke	1:02.46	1:01.20	563	29/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
200 Backstroke	2:28.99	2:26.70	423	21/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
200 Individual Medley	2:23.23	2:20.50	504	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
400 Individual Medley	6:16.90	6:12.20	266	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.38	25.20	565	25/05/21	Colchester	Colchester	LEX1372	0
100 Freestyle	53.60	55.10	585	27/05/21	Colchester	Colchester Leisure W	LEX1429	0
200 Freestyle	2:11.24	2:13.90	434	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
400 Freestyle	4:43.09	4:48.00	421	14/09/19	Colchester Club Championships 2019	Braintree	ER191197	4
1500 Freestyle	21:27.66	21:43.60	284	10/11/16	Colchester Club Championships 2016	Colchester	ER162139	4
50 Breaststroke	30.28	31.30	559	28/01/24	SE Cambridgeshire County Championships 2024	Cambridge	ER240229	2
100 Breaststroke	1:12.01	1:13.70	452	30/09/18	Colchester Club Championships	Colchester	ER180896	4
200 Breaststroke	3:25.51	3:28.10	199	19/10/14	Colchester Club Championships	Colchester	ER14556	4
50 Butterfly	26.33	27.00	563	27/05/21	Colchester	Colchester Leisure W	LEX1428	0
100 Butterfly	1:00.30	1:01.50	497	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
200 Butterfly	2:57.78	2:59.60	217	30/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
50 Backstroke	27.01	27.70	548	06/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
100 Backstroke	1:00.58	1:01.90	507	21/09/19	Colchester Club Championships 2019	Braintree	ER190460	4
200 Backstroke	2:19.75	2:22.10	431	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Individual Medley	2:17.81	2:20.60	503	16/11/21	Colchester Club Championships 2021	Colchester	ER211373	4
400 Individual Medley	6:03.07	6:07.90	270	16/03/14	Essex County Championships	Basildon	CC4040	2
100 Individual Medley	1:00.35	1:00.40	544	15/11/21	Colchester Club Championships 2021	Colchester	ER211373	4