

Individual Best Times (All Time)

Joseph Akik - (409542) - Bolton Metro Swimming Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.89	24.00	592	13/05/18	Manchester Open Meet 2018	Manchester	NW180648	1
100 Freestyle	57.22	55.70	549	26/06/15	52nd International Swim Meet	Darmstadt	GBR169	1
200 Freestyle	2:15.33	2:12.70	428	15/03/14	Lancashire County Championships	Manchester	CC4087	1
400 Freestyle	5:04.77	5:00.10	376	05/02/12	Derventio excel February Festival Open Mee	Sheffield	EM2079	1
50 Breaststroke	36.13	35.20	370	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
100 Breaststroke	1:28.90	1:27.50	261	03/12/11	City of Sheffield Snow Frill Gala	Sheffield	NE1120	3
50 Butterfly	26.72	26.00	578	12/05/18	Manchester Open Meet 2018	Manchester	NW180648	1
100 Butterfly	1:05.86	1:04.70	423	26/06/15	52nd International Swim Meet	Darmstadt	GBR169	1
50 Backstroke	32.35	31.70	385	15/03/14	Lancashire County Championships	Manchester	CC4087	1
200 Individual Medley	2:46.12	2:43.70	323	04/02/12	Derventio excel February Festival Open Mee	Sheffield	EM2079	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.28	25.10	572	20/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	NW180649	2
100 Freestyle	55.74	57.20	520	07/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
200 Freestyle	2:10.11	2:12.70	445	11/01/14	Greater Manchester Clubs Age Groups	Manchester	NW4001	3
400 Freestyle	4:38.35	4:43.30	443	29/09/13	Greater Manchester Autumn Meet 2013	Manchester	NW3657	3
1500 Freestyle	19:28.09	19:45.60	381	06/11/11	Central Lancs Warburton Age Groups	Bury	NW1556	3
50 Breaststroke	33.06	34.00	429	29/11/14	Bolton Metro Winter Sprint Meet	Bolton	NW4719	3
100 Breaststroke	1:17.52	1:19.10	362	13/04/13	Central Lancs Warburton Age Groups	Salford	NW3314	3
200 Breaststroke	3:07.46	3:10.30	263	16/07/11	The City of Salford Summer Spectacular	Salford	NW1143	3
50 Butterfly	26.25	27.00	568	21/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	NW180649	2
100 Butterfly	1:02.53	1:03.70	446	01/07/18	BMSS JULY SPRINT MEET 2018	Bolton	NW181177	3
50 Backstroke	31.21	31.80	355	26/01/14	Greater Manchester Clubs Age Groups	Manchester	NW4002	3
100 Backstroke	1:17.93	1:19.00	238	19/06/11	Central Lancs Championships	Bury	NW1352	3
200 Backstroke	2:42.98	2:45.00	272	16/07/11	The City of Salford Summer Spectacular	Salford	NW1143	3
200 Individual Medley	2:35.30	2:37.80	351	01/07/18	BMSS JULY SPRINT MEET 2018	Bolton	NW181177	3
400 Individual Medley	6:58.66	7:02.80	176	07/02/10	Central Lancs Prelim	Bury	NW0111	3
100 Individual Medley	1:04.05	1:04.10	455	16/10/15	24e Meeting International de St Dizier	St Dizier, France	GBR219	2