

# Individual Best Times (All Time)

James Wing - (1104064) - Stowmarket SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.55	31.20	287	14/09/22	Stowmarket Club Championships 2022	Mid Suffolk Leisure	ER221792	4
100 Freestyle	1:07.19	1:08.40	297	11/09/22	Stowmarket Club Championships 2022	Mid Suffolk Leisure	ER221791	4
200 Freestyle	2:27.48	2:29.80	305	14/12/19	Stowmarket No Frills Open Meet	Stowmarket	ER191851	3
400 Freestyle	5:06.37	5:10.90	332	14/12/19	Stowmarket No Frills Open Meet	Stowmarket	ER191851	3
1500 Freestyle	23:37.11	23:51.60	213	12/10/21	Stowmarket SC Club Championships	Stowmarket	ER210813	4
50 Breaststroke	44.20	44.90	179	14/09/22	Stowmarket Club Championships 2022	Mid Suffolk Leisure	ER221792	4
100 Breaststroke	1:40.61	1:41.90	165	15/11/19	Stowmarket Club Championships	Stowmarket	ER192842	4
200 Breaststroke	3:49.00	3:51.30	144	20/11/16	Stowmarket Club Championships 2016	Stowmarket	ER162134	4
50 Butterfly	31.77	32.40	320	11/03/23	Teamipswich Mighty March Meet 2023	Ipswich	ER230196	3
100 Butterfly	1:17.54	1:18.50	233	23/02/20	Stowmarket Sprint into Spring Open Meet	Stowmarket	ER200543	3
200 Butterfly	3:10.04	3:11.70	177	13/10/19	Stowmarket Club Championships	Stowmarket	ER192841	4
50 Backstroke	33.36	34.00	291	14/09/22	Stowmarket Club Championships 2022	Mid Suffolk Leisure	ER221792	4
100 Backstroke	1:15.86	1:16.90	258	11/09/22	Stowmarket Club Championships 2022	Mid Suffolk Leisure	ER221791	4
200 Backstroke	2:39.75	2:41.80	289	13/09/22	Stowmarket Club Championships 2022	Mid Suffolk Leisure	ER221792	4
200 Individual Medley	2:47.34	2:49.70	281	13/09/22	Stowmarket Club Championships 2022	Mid Suffolk Leisure	ER221792	4
400 Individual Medley	5:53.86	5:58.80	292	14/11/19	Stowmarket Club Championships	Stowmarket	ER192842	4
100 Individual Medley	1:19.56	1:19.60	237	13/10/19	Stowmarket Club Championships	Stowmarket	ER192841	4