

# Individual Best Times (All Time)

Zachary Carnell - (1111597) - Potters Bar SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.21	28.50	366	19/03/16	Harpenden Sprint Night (Frantic Fifties)	Luton	ER160278	3
200 Freestyle	2:13.42	2:10.80	446	26/03/17	Aquae Sulis Grand Prix	Bristol	SW170461	1
400 Freestyle	4:41.21	4:36.20	479	25/03/17	Aquae Sulis Grand Prix	Bristol	SW170461	1
1500 Freestyle	19:03.40	18:45.20	442	24/02/18	Devon County Championships and Age Groups 2018	Plymouth	SW180381	1
50 Breaststroke	42.33	41.60	230	19/03/16	Harpenden Sprint Night (Frantic Fifties)	Luton	ER160278	3
100 Breaststroke	1:51.83	1:50.70	131	05/07/14	Bishop Stortford End of Season Open Meet	Luton	ER4530	3
50 Butterfly	32.32	31.70	327	19/03/16	Harpenden Sprint Night (Frantic Fifties)	Luton	ER160278	3
50 Backstroke	36.80	36.20	262	19/03/16	Harpenden Sprint Night (Frantic Fifties)	Luton	ER160278	3
100 Backstroke	1:33.14	1:32.30	170	05/07/14	Bishop Stortford End of Season Open Meet	Luton	ER4530	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.73	27.50	429	08/04/18	Hatfield Regionals Qualifier Meet 2018	HERTFORDSHIRE SC	ER180755	3
100 Freestyle	59.08	1:00.50	437	08/04/18	Hatfield Regionals Qualifier Meet 2018	HERTFORDSHIRE SC	ER180755	3
200 Freestyle	2:06.33	2:09.00	486	08/04/18	Hatfield Regionals Qualifier Meet 2018	HERTFORDSHIRE SC	ER180755	3
400 Freestyle	4:27.77	4:33.00	498	30/09/17	City of Plymouth Gala	Plymouth	SW171479	3
1500 Freestyle	17:44.28	18:03.50	503	02/10/17	City of Plymouth Gala	Plymouth	SW171481	3
50 Breaststroke	41.64	42.40	215	21/11/15	Hastings Seagull SC Santa Sprint Open Meet 2015	Hastings	SE151060	3
100 Breaststroke	1:30.22	1:31.60	230	18/06/16	Stevenage Summer Sprint 2016	Stevenage	ER160413	3
200 Breaststroke	3:15.55	3:18.20	232	04/10/15	Hatfield Club Championships 2015	Hatfield	ER151701	4
50 Butterfly	33.11	33.70	283	18/06/16	Stevenage Summer Sprint 2016	Stevenage	ER160413	3
100 Butterfly	1:18.26	1:19.20	227	28/11/15	Hatfield SC Winter Gala 2015	Hatfield	ER152040	3
50 Backstroke	37.74	38.30	201	21/11/15	Hastings Seagull SC Santa Sprint Open Meet 2015	Hastings	SE151060	3
100 Backstroke	1:22.45	1:23.40	201	04/10/15	Hatfield Club Championships 2015	Hatfield	ER151701	4
200 Backstroke	2:56.95	2:58.80	212	21/09/15	Hatfield Club Championships 2015	Hatfield	ER151700	4
200 Individual Medley	2:43.52	2:45.90	301	03/04/16	Hatfield Spring Gala	Hatfield	ER160704	3
400 Individual Medley	5:41.38	5:46.50	325	03/04/16	Hatfield Spring Gala	Hatfield	ER160704	3
100 Individual Medley	1:16.19	1:16.20	270	21/11/15	Hastings Seagull SC Santa Sprint Open Meet 2015	Hastings	SE151060	3