

Individual Best Times (All Time)

Antonio Mars - (1117330) - Derby Excel Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.69	28.00	387	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
100 Freestyle	1:00.45	59.10	465	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
200 Freestyle	2:15.96	2:13.40	422	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
50 Breaststroke	36.90	36.00	347	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
100 Breaststroke	1:23.54	1:22.00	315	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
200 Breaststroke	3:36.98	3:34.50	193	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
50 Butterfly	34.21	33.70	275	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Butterfly	1:34.83	1:34.00	141	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Butterfly	3:06.88	3:05.20	205	26/11/16	City of Sheffield Snow Frills Meet	Sheffield	NE160213	3
50 Backstroke	36.03	35.50	279	12/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3
100 Backstroke	1:35.13	1:34.30	159	17/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Individual Medley	2:35.12	2:32.60	396	13/05/18	Rotherham Metro Springtime Long Course Meet	Sheffield	NE180132	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.49	29.20	354	21/10/17	Yorkshire SA Winter Competition	Sheffield	NE171863	2
100 Freestyle	57.35	58.80	477	21/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
200 Freestyle	2:10.64	2:13.30	440	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	NE180466	3
400 Freestyle	5:06.85	5:11.40	330	03/01/16	Doncaster Darts Licensed Distance Trials	Doncaster	NE160248	4
50 Breaststroke	36.94	37.80	308	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	NE180466	3
100 Breaststroke	1:26.67	1:28.10	259	24/09/16	Rotherham Metro 'A' & 'B' Grade Meet	Sheffield	NE160600	3
200 Breaststroke	3:37.64	3:40.10	168	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield	NE4138	3
50 Butterfly	30.35	31.00	368	21/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Butterfly	1:36.55	1:37.30	121	19/09/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150502	3
50 Backstroke	34.55	35.10	262	15/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170734	3
100 Backstroke	1:13.10	1:14.20	289	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170735	3
200 Individual Medley	2:31.27	2:33.90	380	21/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
100 Individual Medley	1:10.60	1:10.60	340	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	NE180466	3