

Individual Best Times (All Time)

Hermanus Steyn - (1119298) - Elmbridge Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.44	28.70	358	29/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
100 Freestyle	1:04.94	1:03.60	375	11/04/15	Guildford City Inaugural Level 1 Long Course Meet	Guildford	SE150155	1
200 Freestyle	2:19.64	2:17.10	389	30/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
400 Freestyle	5:04.03	4:59.40	379	22/02/15	Surrey Age Group Championships	Guildford	CC150302	1
50 Breaststroke	40.23	39.40	268	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
100 Breaststroke	1:27.05	1:25.60	278	12/04/15	Guildford City Inaugural Level 1 Long Course Meet	Guildford	SE150155	1
200 Breaststroke	3:16.59	3:13.90	260	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
50 Butterfly	30.14	29.50	403	07/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
100 Butterfly	1:13.90	1:12.90	299	30/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
50 Backstroke	32.72	32.10	372	30/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
100 Backstroke	1:09.98	1:08.80	400	29/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
200 Backstroke	2:28.78	2:26.50	425	16/05/15	ASASER Swimming Championships	Crawley	SE150984	1
200 Individual Medley	2:37.68	2:35.20	377	31/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
400 Individual Medley	5:55.96	5:51.00	316	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.51	30.20	318	23/11/14	Guildford City County Qualifier Meet	Guildford	SE4829	2
100 Freestyle	1:00.74	1:02.10	402	04/07/15	Guildford City Summer Festival	Guildford	SE150164	3
200 Freestyle	2:17.26	2:19.80	379	05/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
400 Freestyle	4:51.56	4:56.30	385	04/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
1500 Freestyle	20:17.80	20:34.60	336	07/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
50 Breaststroke	40.41	41.20	235	01/11/14	Elmbridge Phoenix Gala	Walton on Thames	SE14476	3
100 Breaststroke	1:26.43	1:27.90	261	11/01/15	Brighton Tom Handley Open Meet	Brighton	SE150032	2
200 Breaststroke	3:05.19	3:08.00	273	11/01/15	Brighton Tom Handley Open Meet	Brighton	SE150032	2
50 Butterfly	31.04	31.60	344	05/07/15	Guildford City Summer Festival	Guildford	SE150164	3
100 Butterfly	1:18.91	1:19.90	221	13/07/14	Staines SC Black Swan Summer Meet	Staines	SE4161	3
200 Butterfly	3:12.31	3:14.00	171	10/05/14	Sudbury & District May Last Chance Meet	Sudbury	ER4128	3
50 Backstroke	32.85	33.50	304	05/07/15	Guildford City Summer Festival	Guildford	SE150164	3
100 Backstroke	1:07.25	1:08.40	371	05/07/15	Guildford City Summer Festival	Guildford	SE150164	3
200 Backstroke	2:23.24	2:25.50	401	04/07/15	Guildford City Summer Festival	Guildford	SE150164	3
200 Individual Medley	2:33.04	2:35.60	367	05/07/15	Guildford City Summer Festival	Guildford	SE150164	3
400 Individual Medley	5:38.06	5:43.20	335	03/12/14	Elmbridge Phoenix Club Champs	Cobham	SE14667	4
100 Individual Medley	1:12.70	1:12.70	311	15/02/15	Surrey Age Group Championships	Guildford	CC150301	2