

# Individual Best Times (All Time)

Daniel Samuel - (1129640) - Barking & Dagenham Aquatics Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.30	27.60	403	04/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
100 Freestyle	1:02.65	1:01.30	418	21/01/17	Essex Age Group Championships	London	ER170023	1
200 Freestyle	2:20.79	2:18.30	380	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
400 Freestyle	5:18.89	5:14.50	328	02/11/14	City of Bristol Open Meet	Bristol	SW4538	3
50 Breaststroke	35.64	34.70	386	01/05/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
100 Breaststroke	1:23.71	1:22.20	313	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
200 Breaststroke	3:03.29	3:00.40	320	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
50 Butterfly	29.82	29.20	416	29/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
100 Butterfly	1:08.12	1:07.00	382	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
200 Butterfly	4:14.57	4:13.30	81	13/07/13	Wycombe District SC End of Season Meet	Wycombe	SE3552	3
50 Backstroke	36.29	35.70	273	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
100 Backstroke	1:19.75	1:18.70	270	31/10/15	City of Bristol SC Level 3 Open Meet	Hengrove	SW151421	3
200 Individual Medley	2:42.57	2:40.10	344	01/11/15	City of Bristol SC Level 3 Open Meet	Hengrove	SW151421	3
400 Individual Medley	5:55.52	5:50.50	317	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.44	28.20	396	16/07/17	Summer at Dagenham 2017 Open Meet	Dagenham	LR170716	3
100 Freestyle	59.92	1:01.30	419	01/05/16	Black Lion L3 Spring Open Meet	Gillingham	SE160064	3
200 Freestyle	2:12.92	2:15.50	417	27/11/16	Black Lion Winter Open Meet	Gillingham	SE160753	3
400 Freestyle	5:02.10	5:06.70	346	20/12/15	Christmas at Dagenham	Dagenham	LR152044	3
1500 Freestyle	20:13.14	20:30.00	340	18/12/15	Christmas at Dagenham	Dagenham	LR152044	3
50 Breaststroke	35.52	36.40	346	20/12/15	Christmas at Dagenham	Dagenham	LR152044	3
100 Breaststroke	1:21.16	1:22.70	315	12/12/15	National Arena League-London Div1&2 Rounds123	Dagenham	ER152120	3
200 Breaststroke	2:55.04	2:58.00	323	18/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
50 Butterfly	30.10	30.70	377	27/11/16	Black Lion Winter Open Meet	Gillingham	SE160753	3
100 Butterfly	1:09.19	1:10.30	329	18/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
200 Butterfly	3:04.25	3:06.00	195	02/05/15	Black Lion L3 Spring Open Meet 2015	Medway Park	SE150123	3
50 Backstroke	34.49	35.10	263	18/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
200 Backstroke	2:51.77	2:53.70	232	03/05/15	Black Lion L3 Spring Open Meet 2015	Medway Park	SE150123	3
200 Individual Medley	2:36.34	2:38.80	344	18/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
400 Individual Medley	5:37.13	5:42.30	337	19/12/15	Christmas at Dagenham	Dagenham	LR152044	3
100 Individual Medley	1:09.92	1:09.90	350	16/07/17	Summer at Dagenham 2017 Open Meet	Dagenham	LR170716	3