

Individual Best Times (All Time)

Hugh Dow - (1139353) - Newmarket & Dist SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.07	38.60	148	09/06/15	Newmarket & District 2015 Sprint Club Champs	Newmarket	ER150884	4
100 Freestyle	1:25.55	1:26.50	143	08/06/16	Newmarket Sprint Club Championships	Newmarket	ER161149	4
200 Freestyle	3:06.27	3:08.10	151	09/06/16	Newmarket Sprint Club Championships	Newmarket	ER161149	4
400 Freestyle	7:31.92	7:35.00	103	21/09/14	Newmarket & District Endurance Championships	Newmarket	ER14335	4
50 Breaststroke	53.45	54.00	101	09/06/15	Newmarket & District 2015 Sprint Club Champs	Newmarket	ER150884	4
50 Butterfly	50.87	51.20	78	25/06/16	Newmarket Sprint Club Championships	Newmarket	ER161152	4
50 Backstroke	44.88	45.30	119	07/12/14	Newmarket 4th Sprint Open Meet	Newmarket	ER4728	3
100 Individual Medley	1:36.72	1:36.70	132	25/06/16	Newmarket Sprint Club Championships	Newmarket	ER161152	4