

# Individual Best Times (All Time)

Charlie Hands - (1142888) - Witham Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	36.24	35.40	367	28/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
100 Breaststroke	1:22.92	1:21.40	322	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
200 Breaststroke	3:09.09	3:06.30	292	28/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.56	32.20	260	24/06/18	Witham Dolphins Summer Club Championships 2018	WITHAM	ER181171	4
100 Freestyle	1:06.63	1:07.90	304	03/12/17	Witham Dolphins Club Championships	Witham	ER172441	4
200 Freestyle	2:31.36	2:33.60	282	18/11/18	Witham Dolphins Winter Club Championships	Witham	ER182515	4
400 Freestyle	5:19.97	5:24.30	291	11/12/16	Witham Dolphins Winter Club Championships	Witney	ER162383	4
1500 Freestyle	22:17.44	22:32.80	253	11/06/17	Witham Dolphins Summer Club Championships	Witham	ER170959	4
50 Breaststroke	35.61	36.50	343	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Breaststroke	1:19.93	1:21.50	330	16/12/18	Witham Dolphins Winter Club Championships	Witham	ER182513	4
200 Breaststroke	3:02.47	3:05.30	285	18/11/18	Witham Dolphins Winter Club Championships	Witham	ER182515	4
50 Butterfly	36.04	36.60	219	24/06/18	Witham Dolphins Summer Club Championships 2018	WITHAM	ER181171	4
100 Butterfly	1:28.16	1:29.00	159	03/12/17	Witham Dolphins Club Championships	Witham	ER172441	4
200 Butterfly	3:51.61	3:53.00	98	09/11/14	Witham Dolphins Club Championships	Witham	ER14304	4
50 Backstroke	38.73	39.20	186	17/06/17	Witham Dolphins Summer Club Championships	Witham	ER170960	4
100 Backstroke	1:22.63	1:23.60	200	03/12/17	Witham Dolphins Club Championships	Witham	ER172441	4
200 Backstroke	2:56.01	2:57.90	216	02/12/18	Witham Dolphins Winter Club Championships	Witham	ER182514	4
200 Individual Medley	2:49.09	2:51.40	272	10/12/17	Witham Dolphins Winter Club Championships	Witham	ER172486	4
400 Individual Medley	6:42.72	6:47.10	198	18/09/16	Witham Dolphins Summer Club Champs	Witham	ER161676	4
100 Individual Medley	1:17.45	1:17.50	257	24/06/18	Witham Dolphins Summer Club Championships 2018	WITHAM	ER181171	4