

# Individual Best Times (All Time)

Xabier Lundy-Munoz - (1162756) - Team Ipswich Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Freestyle	2:53.78	2:51.80	202	24/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
400 Freestyle	5:52.98	5:49.00	242	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
200 Breaststroke	3:52.11	3:49.80	157	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
50 Butterfly	42.80	42.40	140	24/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
100 Backstroke	1:29.92	1:29.00	188	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
200 Backstroke	3:11.10	3:09.30	200	24/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
200 Individual Medley	3:18.75	3:16.70	188	23/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3
400 Individual Medley	6:59.83	6:55.60	192	24/07/16	BPSC End of Season Meet 2016	Basildon	ER160054	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.98	29.70	336	15/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
100 Freestyle	1:03.59	1:04.90	350	14/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
200 Freestyle	2:19.66	2:22.10	360	24/03/19	Teamipswich March Open 2019	Ipswich	ER190275	3
400 Freestyle	5:39.09	5:43.20	245	03/07/16	Romford Town End of Season Meet	Ipswich	LR160626	3
800 Freestyle	10:11.74	10:21.10	380	23/06/19	Teamipswich Long Distance Invitational Meet 2019	Ipswich	ER191686	4
50 Breaststroke	44.21	44.90	179	08/07/18	Teamipswich July Surprize Meet 2018	Ipswich	ER181095	3
100 Breaststroke	1:28.09	1:29.50	247	22/09/19	Teamipswich Club Championships 2019	Ipswich	ER192238	4
200 Breaststroke	3:45.01	3:47.40	152	18/06/16	Suffolk County ASA County Development Championship	Newmarket	ER161052	3
50 Butterfly	32.15	32.70	309	15/12/19	Sudbury & District December Last Chance Time Trial	Sudbury	ER193074	3
100 Butterfly	1:11.87	1:12.90	293	14/12/19	Sudbury & District December Last Chance Time Trial	Sudbury	ER193074	3
50 Backstroke	32.86	33.50	304	02/02/20	Suffolk ASA County Championships 2019	Ipswich	ER200346	2
100 Backstroke	1:10.09	1:11.20	327	15/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
200 Backstroke	2:30.74	2:32.90	344	15/03/20	Teamipswich March Open Meet 2020	Ipswich	ER200335	3
200 Individual Medley	2:38.66	2:41.10	329	14/12/19	Sudbury & District December Last Chance Time Trial	Sudbury	ER193074	3
400 Individual Medley	6:41.72	6:46.10	199	03/07/16	Romford Town End of Season Meet	Ipswich	LR160626	3
100 Individual Medley	1:14.48	1:14.50	289	21/09/19	Teamipswich Club Championships 2019	Ipswich	ER192238	4