## Individual Best Times (All Time)

## Thomas Parnell - (1168663) - City of Linc Pentaqua SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	45.15	45.60	89	11/07/15	CLP Club Championships 2015	Lincoln	EM151045	4
100 Freestyle	1:39.96	1:40.80	90	21/11/15	Louth Meridian Meet	Louth	EM151719	3
50 Breaststroke	58.38	58.90	78	18/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150503	3
100 Breaststroke	2:05.11	2:06.10	86	21/11/15	Louth Meridian Meet	Louth	EM151719	3
50 Backstroke	53.72	54.10	69	11/07/15	CLP Club Championships 2015	Lincoln	EM151045	4
100 Backstroke	2:01.49	2:02.20	62	19/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150503	3