

Individual Best Times (All Time)

Oscar Herbert - (1171118) - City of Cardiff

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.00	36.40	180	29/05/15	Cardiff International Open Meet 2015	Cardiff	WL150515	1
100 Freestyle	1:27.26	1:26.30	154	24/10/15	Neath ASC Open Meet 2015	Swansea	WL151129	1
200 Freestyle	3:11.03	3:09.20	152	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
50 Breaststroke	59.60	59.10	82	21/03/15	City of Cardiff Tiger Bay Meet	Cardiff	WL150509	3
100 Breaststroke	1:57.56	1:56.50	113	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
50 Butterfly	44.84	44.40	122	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3
100 Butterfly	2:06.93	2:06.30	59	20/09/14	City of Cardiff Club Championships	Cardiff	WAL590	4
50 Backstroke	46.78	46.30	127	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
100 Backstroke	1:43.18	1:42.40	125	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
200 Individual Medley	3:29.78	3:27.90	160	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	SW160625	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.08	37.60	160	01/05/16	City of Newport Club Open Spring Meet	Newport	WL160813	3
100 Freestyle	1:24.25	1:25.20	150	26/09/15	City of Cardiff 2015 Club Championships	Cardiff	WL151103	3
200 Freestyle	3:08.48	3:10.30	146	27/09/15	City of Cardiff 2015 Club Championships	Cardiff	WL151103	3
400 Freestyle	6:18.23	6:21.90	176	02/04/16	Swim Wales South East No Time Gala	Newport	WL160032	3
50 Breaststroke	53.16	53.80	103	01/05/16	City of Newport Club Open Spring Meet	Newport	WL160813	3
100 Breaststroke	2:01.06	2:02.10	95	27/09/15	City of Cardiff 2015 Club Championships	Cardiff	WL151103	3
200 Breaststroke	4:14.09	4:16.20	105	27/09/15	City of Cardiff 2015 Club Championships	Cardiff	WL151103	3
50 Butterfly	43.27	43.70	127	01/05/16	City of Newport Club Open Spring Meet	Newport	WL160813	3
100 Butterfly	1:53.03	1:53.70	75	27/09/15	City of Cardiff 2015 Club Championships	Cardiff	WL151103	3
50 Backstroke	47.30	47.70	102	17/01/15	Celtic Dolphins Sprint Meet 2015	Neath	WL150517	3
100 Backstroke	1:41.94	1:42.70	106	27/09/15	City of Cardiff 2015 Club Championships	Cardiff	WL151103	3
200 Backstroke	3:32.35	3:33.90	123	02/04/16	Swim Wales South East No Time Gala	Newport	WL160032	3
200 Individual Medley	3:25.54	3:27.50	151	30/04/16	City of Newport Club Open Spring Meet	Newport	WL160813	3
100 Individual Medley	1:47.12	1:47.10	97	25/10/14	Greater Gwent Development Meet	Newport	WAL604	4