

Individual Best Times (All Time)

Graeham Douglas - (1173162) - City of Cambridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	31.98	31.00	534	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
100 Breaststroke	1:09.61	1:07.80	545	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
200 Breaststroke	2:33.58	2:30.10	545	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	ER150080	1
50 Butterfly	28.62	28.00	471	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
100 Butterfly	1:06.25	1:05.10	415	06/07/14	ASA East Region Inter County Championships	Basildon	ER4439	1
200 Individual Medley	2:18.59	2:15.70	556	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
400 Individual Medley	4:59.34	4:53.40	531	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.82	26.60	475	28/03/15	Cambridgeshire ASA County Championships	Cambridge	CC150085	2
100 Freestyle	58.83	1:00.20	442	15/03/14	Cambridgeshire ASA County Championships	Peterborough	CC4110	2
200 Freestyle	2:11.56	2:14.20	430	07/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
400 Freestyle	4:55.88	5:00.60	369	09/10/14	City of Cambridge Club Championships	Cambridge	ER14281	4
50 Breaststroke	32.03	33.00	472	04/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	ER150482	2
100 Breaststroke	1:07.01	1:08.90	561	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Breaststroke	2:28.02	2:31.50	534	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
50 Butterfly	28.50	29.20	444	08/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
100 Butterfly	1:02.06	1:03.30	456	28/03/15	Cambridgeshire ASA County Championships	Cambridge	CC150085	2
200 Butterfly	2:24.97	2:27.10	400	15/03/14	Cambridgeshire ASA County Championships	Peterborough	CC4110	2
50 Backstroke	33.18	33.80	295	12/10/14	City of Cambridge Club Championships	Cambridge	ER14281	4
100 Backstroke	1:04.62	1:05.90	418	16/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
200 Individual Medley	2:15.52	2:18.40	529	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
400 Individual Medley	4:50.86	4:56.80	526	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Individual Medley	1:04.99	1:05.00	435	11/01/15	City of Cambridge Winter Open Short Course	Parkside	ER150184	2