

# Individual Best Times (All Time)

Henry Francis - (1179349) - Derby Excel Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.84	26.10	472	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
100 Freestyle	59.32	57.90	492	23/11/19	City of Coventry Winter Open Meet	Coventry	WM192140	3
200 Freestyle	2:15.35	2:12.80	427	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
50 Breaststroke	35.47	34.60	391	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
100 Breaststroke	1:25.73	1:24.20	292	25/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
50 Butterfly	26.75	26.00	577	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
100 Butterfly	1:04.52	1:03.30	450	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
200 Butterfly	2:44.85	2:42.90	299	24/11/19	City of Coventry Winter Open Meet	Coventry	WM192140	3
50 Backstroke	31.19	30.50	430	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
100 Backstroke	1:10.41	1:09.30	393	26/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
200 Individual Medley	2:36.25	2:33.70	388	09/12/18	Derbyshire ASA Long Course Competition 2018	Sheffield	EM181973	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.27	26.10	507	05/10/19	LVSC Short Course Meet 2019	Sheffield	EM191407	2
100 Freestyle	57.06	58.50	485	05/10/19	LVSC Short Course Meet 2019	Sheffield	EM191407	2
200 Freestyle	2:11.17	2:13.80	434	22/09/19	City of Derby Club Championships 2019	Derby	EM192472	4
400 Freestyle	4:52.19	4:57.00	383	20/10/19	City of Derby Long Distance Club Championships	Repton Derbys	EM192473	4
50 Breaststroke	33.90	34.80	398	07/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
100 Breaststroke	1:16.37	1:18.00	379	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
200 Breaststroke	3:18.25	3:20.90	222	18/09/16	City of Derby Club Championships 2016	Derby	EM161866	4
50 Butterfly	26.37	27.10	561	08/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
100 Butterfly	1:01.50	1:02.70	468	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
200 Butterfly	2:32.52	2:34.60	343	08/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
50 Backstroke	29.39	30.10	425	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Backstroke	1:07.88	1:09.10	360	15/07/18	Chesterfield Summer Splash	Matlock	EM181251	3
200 Backstroke	2:30.41	2:32.60	346	22/09/19	City of Derby Club Championships 2019	Derby	EM192472	4
200 Individual Medley	2:26.07	2:28.70	422	15/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3
400 Individual Medley	6:33.47	6:37.90	212	22/11/15	Mansfield Major Oak Open Meet	Mansfield	EM151458	3
100 Individual Medley	1:04.36	1:04.40	448	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2