

Individual Best Times (All Time)

Matthew Alfonso - (1179554) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.58	29.90	319	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
100 Freestyle	1:06.78	1:05.50	345	10/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
50 Breaststroke	40.81	40.00	257	26/01/19	Norfolk County Championships 2019	Norwich	ER191264	1
100 Breaststroke	1:28.20	1:26.80	268	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
200 Breaststroke	3:40.07	3:37.60	185	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
50 Butterfly	33.46	32.90	294	10/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
100 Butterfly	1:20.14	1:19.20	234	02/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
50 Backstroke	38.86	38.30	222	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
100 Backstroke	1:24.38	1:23.40	228	02/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3
200 Individual Medley	2:53.05	2:50.80	285	02/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	NE180165	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.37	30.10	323	13/10/19	22nd Diss Otters Sprint Open 2019	Norwich	ER191956	3
100 Freestyle	1:04.66	1:05.90	333	13/10/19	22nd Diss Otters Sprint Open 2019	Norwich	ER191956	3
200 Freestyle	2:47.70	2:49.80	208	18/11/17	West Norfolk Mini Meet Series 2017 18	Kings Lynn	ER170447	4
400 Freestyle	5:25.31	5:29.60	277	18/06/19	Norwich Swan Club Championships	Wymondham	ER192106	4
50 Breaststroke	39.57	40.40	250	13/10/19	22nd Diss Otters Sprint Open 2019	Norwich	ER191956	3
100 Breaststroke	1:25.23	1:26.70	272	15/12/18	GYSC WINTER WIPEOUT 2018	NORWICH	ER182523	3
200 Breaststroke	3:37.78	3:40.20	167	08/07/17	Norwich Swan Club Championships	Wymondham	ER171392	4
50 Butterfly	32.44	33.00	301	16/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich	ER192685	3
100 Butterfly	1:13.82	1:14.80	271	13/10/19	22nd Diss Otters Sprint Open 2019	Norwich	ER191956	3
50 Backstroke	35.80	36.40	235	17/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich	ER192685	3
100 Backstroke	1:22.46	1:23.40	201	16/12/18	GYSC WINTER WIPEOUT 2018	NORWICH	ER182523	3
200 Backstroke	3:05.28	3:07.10	185	21/07/18	Norwich Swan Club Championships 2018	Wymondham LC	ER181467	4
200 Individual Medley	2:45.82	2:48.20	288	31/03/19	Norwich Swan Open Meet 2019	UEA Sports Park	ER190198	3
400 Individual Medley	6:16.17	6:20.80	243	15/07/18	Norwich Swan Club Championships 2018	Wymondham LC	ER181470	4
100 Individual Medley	1:15.14	1:15.10	282	17/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich	ER192685	3