

Individual Best Times (All Time)

Lewis Nisbet - (1184697) - Tynemouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	1:02.96	1:02.50	70	13/07/13	City of Sunderland Summer Splash	Sunderland	NE3542	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.73	42.20	112	12/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
100 Freestyle	1:37.30	1:38.20	97	21/06/15	Tynemouth Club Championships	Tynemouth	NE150820	4
200 Freestyle	3:34.05	3:35.70	100	12/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
400 Freestyle	8:49.60	8:52.30	64	19/01/14	Newburn New Year Graded Meet	Stanley	NE4304	3
50 Breaststroke	53.70	54.30	100	28/03/15	North Tyneside Mad March Hare Extravaganza	Stanley	NE150372	3
100 Breaststroke	1:57.62	1:58.70	103	12/07/15	Newcastle Swim Team Summer Gala	Tynemouth	NE151334	3
200 Breaststroke	4:30.37	4:32.30	87	13/04/14	South Tyneside Spring Meet	South Shields	NE4405	3
50 Butterfly	52.44	52.80	71	21/06/15	Tynemouth Club Championships	Tynemouth	NE150820	4
50 Backstroke	52.06	52.40	76	07/12/14	Blyth Xmas Cracker Meet	Blyth	NE14677	3
100 Individual Medley	1:54.40	1:54.40	79	13/12/14	Tynemouth Club Championships	Tynemouth	NE14593	4