

Individual Best Times (All Time)

Emilio Paniagua-Gutierrez - (1188462) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.42	25.60	495	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Freestyle	55.84	54.30	590	13/04/19	City of Leeds National Qualifier 2019	Leeds	NE190133	1
200 Freestyle	2:03.03	2:00.20	569	29/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
400 Freestyle	4:41.42	4:36.40	478	14/04/18	City of Leeds National Qualifier 2018	Leeds	NE180082	1
1500 Freestyle	18:52.63	18:34.30	454	06/01/19	City of Leeds New Year Meet 2019	Leeds	NE190132	3
50 Breaststroke	32.57	31.60	505	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Breaststroke	1:10.28	1:08.50	530	01/03/20	ESSA 70th National Inter-Divisional Championships	Sheffield	NE200158	1
200 Breaststroke	2:34.18	2:30.70	539	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	NE190402	1
50 Butterfly	27.40	26.70	536	22/02/20	Yorkshire County Championships Level of Meet	Sheffield	NE200185	1
100 Butterfly	59.63	58.30	570	26/07/19	British Summer Championships	Glasgow	BSW011	1
200 Butterfly	2:14.75	2:12.40	549	24/07/19	British Summer Championships	Glasgow	BSW011	1
50 Backstroke	32.15	31.50	393	06/01/19	City of Leeds New Year Meet 2019	Leeds	NE190132	3
100 Backstroke	1:09.18	1:08.00	414	04/01/20	City of Leeds New Year Meet 2020	Leeds	NE200019	3
200 Backstroke	2:40.01	2:37.90	342	15/04/18	City of Leeds National Qualifier 2018	Leeds	NE180082	1
200 Individual Medley	2:16.20	2:13.30	586	01/02/20	Yorkshire County Championships Level of Meet	Leeds	NE200183	1
400 Individual Medley	5:04.35	4:58.50	505	05/01/19	City of Leeds New Year Meet 2019	Leeds	NE190132	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.38	26.20	501	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Freestyle	55.47	57.00	528	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
200 Freestyle	2:04.86	2:07.60	504	04/02/18	Yorkshire County Championships	Leeds	NE180135	2
400 Freestyle	4:31.47	4:36.60	477	06/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
800 Freestyle	9:01.05	9:11.60	550	20/12/19	City of Leeds Distance Time Trial	Leeds	NE193302	4
1500 Freestyle	18:29.13	18:47.60	445	07/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
50 Breaststroke	32.46	33.40	454	03/11/18	Swim England North East Region Championships (25)	Sheffield	NE182208	2
100 Breaststroke	1:08.95	1:10.70	515	15/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
200 Breaststroke	2:26.47	2:30.00	552	16/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
50 Butterfly	28.32	29.00	452	22/12/20	City of Leeds	John Charles	LEX866	0
100 Butterfly	58.76	1:00.00	537	14/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
200 Butterfly	2:18.06	2:20.30	463	04/02/18	Yorkshire County Championships	Leeds	NE180135	2
50 Backstroke	29.71	30.40	412	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
100 Backstroke	1:05.87	1:07.10	394	11/02/18	Yorkshire County Championships	Leeds	NE180136	2
200 Backstroke	2:31.17	2:33.40	341	06/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3
200 Individual Medley	2:13.83	2:16.70	549	20/10/18	Yorkshire Winter Competition	Sheffield	NE182206	2
400 Individual Medley	5:02.56	5:08.30	467	06/01/18	City of Leeds New Year Meet 2018	Leeds	NE180081	3