

Individual Best Times (All Time)

Henry Stenning - (1214352) - City of Brighton and Hove

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.65	33.00	239	24/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	SE190456	1
100 Freestyle	1:20.97	1:19.90	193	24/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180608	1
50 Breaststroke	42.64	41.90	225	22/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
100 Breaststroke	1:30.87	1:29.50	245	23/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
200 Breaststroke	3:17.36	3:14.70	257	23/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	SE200450	1
50 Butterfly	47.10	46.70	105	17/06/18	Crawley Summer Splash Long Course Meet	Crawley	SE180014	3
200 Individual Medley	3:25.10	3:23.20	171	11/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180607	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.23	33.90	223	15/11/19	Brighton Club Championships	Prince Regent	SE191678	4
100 Freestyle	1:15.00	1:16.10	213	11/01/20	Tom Handley Open Meet	Prince Regent	SE200117	3
200 Freestyle	3:03.88	3:05.80	157	20/09/19	Brighton Club Championships	Roedean school	SE191673	4
400 Freestyle	6:41.16	6:44.70	148	09/10/18	Brighton Club Championships	Roedean School	SE181517	4
50 Breaststroke	42.26	43.00	205	20/10/19	Sussex County ASA Winter Short Course Competition	Crawley	SE192761	2
100 Breaststroke	1:30.47	1:31.90	228	14/12/19	NASL South Round 3	Crawley	SE193323	3
200 Breaststroke	3:15.97	3:18.70	230	11/01/20	Tom Handley Open Meet	Prince Regent	SE200117	3
50 Butterfly	40.99	41.50	149	06/12/19	Brighton Club Championships	Prince Regent	SE191680	4
100 Butterfly	1:41.64	1:42.40	103	15/11/19	Brighton Club Championships	Prince Regent	SE191678	4
50 Backstroke	42.61	43.10	139	30/09/19	Brighton Club Championships	Prince Regent	SE191675	4
100 Backstroke	1:35.21	1:36.10	130	23/09/19	Brighton Club Championships	Prince Regent	SE191674	4
200 Backstroke	3:19.34	3:21.00	148	06/12/19	Brighton Club Championships	Prince Regent	SE191680	4
200 Individual Medley	3:17.39	3:19.40	171	13/01/19	Brighton SC Tom Handley Open Meet	Prince Regent	SE190173	3
400 Individual Medley	6:55.28	6:59.50	180	12/11/19	Brighton Club Championships	Roedean School	SE191677	4
100 Individual Medley	1:27.23	1:27.20	180	30/06/19	Atlantis Swimming Club Summer Splash 2019	HORSHAM	SE190352	3