

# Individual Best Times (All Time)

James Wise - (1229491) - Hetton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.40	31.70	268	09/07/17	City of Sunderland Summer Splash 2017	Sunderland	NE171638	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.90	32.50	252	04/03/17	Derwentside Development Meet	Stanley	NE170164	3
100 Freestyle	1:15.99	1:17.10	205	04/03/17	Derwentside Development Meet	Stanley	NE170164	3
50 Breaststroke	45.04	45.70	169	23/04/17	South Tyneside Spring Meet	South Shields	NE170818	3
50 Butterfly	45.53	45.90	109	20/02/16	Derwentside ASC Development Meet 2016	Stanley	NE160099	3
50 Backstroke	41.96	42.40	146	22/04/17	South Tyneside Spring Meet	South Shields	NE170818	3
100 Individual Medley	1:29.76	1:29.80	165	22/04/17	South Tyneside Spring Meet	South Shields	NE170818	3