

Individual Best Times (All Time)

Haden Rowledge - (1231228) - Alton & District Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.30	32.90	243	14/02/16	Fareham Nomads Valentines Meet 2016	Waterlooville	SE160381	3
100 Freestyle	1:07.21	1:08.40	296	11/12/16	CO Southampton 7th Christmas Open Meet	Southampton	SE160930	3
200 Freestyle	2:33.34	2:35.60	272	14/02/16	Fareham Nomads Valentines Meet 2016	Waterlooville	SE160381	3
50 Breaststroke	39.35	40.10	254	11/12/16	CO Southampton 7th Christmas Open Meet	Southampton	SE160930	3
100 Breaststroke	1:34.92	1:36.20	197	17/10/15	Alton & District SC Autumn Club Championships	Alton	SE151446	4
50 Butterfly	37.11	37.60	201	11/12/16	CO Southampton 7th Christmas Open Meet	Southampton	SE160930	3
50 Backstroke	38.96	39.50	182	14/02/16	Fareham Nomads Valentines Meet 2016	Waterlooville	SE160381	3
100 Backstroke	1:23.61	1:24.60	193	09/04/16	Basingstoke Bluefins Level 3	Basingstoke	SE160760	3
200 Individual Medley	3:02.44	3:04.60	216	03/10/15	Alton & District Autumn Club Championships	Alton	SE151445	4
100 Individual Medley	1:19.11	1:19.10	241	11/12/16	CO Southampton 7th Christmas Open Meet	Southampton	SE160930	3