

Individual Best Times (All Time)

Christopher Howe - (1235841) - City of Cambridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.82	26.00	473	17/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
100 Freestyle	57.62	56.20	537	08/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
200 Freestyle	2:09.24	2:06.50	491	15/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	EM220003	1
400 Freestyle	4:33.08	4:27.90	523	15/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
50 Breaststroke	31.72	30.70	547	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
100 Breaststroke	1:10.12	1:08.30	533	09/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
200 Breaststroke	2:34.72	2:31.30	533	30/04/23	Swim England East Region LC Championships 2023	Norwich	ER230334	1
50 Butterfly	44.61	44.20	124	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
50 Backstroke	34.62	34.00	314	20/12/19	Northampton Swimming Club Winter Festival	Corby	EM191953	1
200 Individual Medley	2:26.89	2:24.20	467	16/04/22	City of Norwich SC Easter Meet 2022	Norwich	ER220002	1
400 Individual Medley	5:26.05	5:20.60	411	14/02/20	Middle East Open and Junior Championships	Dubai	GBR1302	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.03	26.80	464	22/01/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230046	2
100 Freestyle	56.65	58.10	495	06/11/22	SE East Region Short Course Championships 2022	Luton	ER221639	2
200 Freestyle	2:04.34	2:07.10	510	22/01/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230046	2
400 Freestyle	4:29.35	4:34.50	489	21/01/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230046	2
1500 Freestyle	19:41.58	19:58.90	368	27/01/19	Cambridgeshire ASA County Championships	Cambridge	ER190304	2
50 Breaststroke	31.26	32.20	508	21/01/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230046	2
100 Breaststroke	1:08.17	1:10.00	533	25/03/23	City of Cambridge SC Spring Open Meet 23	Cambridge	ER230541	3
200 Breaststroke	2:33.81	2:37.20	476	20/03/22	City of Cambridge Level 3 Meet	Cambridge	ER220562	3
50 Butterfly	28.84	29.50	428	25/03/23	City of Cambridge SC Spring Open Meet 23	Cambridge	ER230541	3
100 Butterfly	1:10.86	1:11.90	306	03/12/22	City of Cambridge SC Club Championships 2022	Parkside Pool	ER222406	4
200 Butterfly	2:43.90	2:45.80	277	04/12/22	City of Cambridge SC Club Championships 2022	Parkside Pool	ER222406	4
50 Backstroke	33.29	33.90	292	14/07/19	CITY OF CAMBRIDGE JEANNE BARKER JULY OPEN	Cambridge	ER190458	3
100 Backstroke	1:11.85	1:13.00	304	10/11/19	City Of Cambridge 2019 Club Champs	Cambridge	ER193156	4
200 Backstroke	2:50.20	2:52.20	239	27/01/18	Cambridgeshire ASA County Championships	Cambridge	ER180498	2
200 Individual Medley	2:22.13	2:24.90	458	20/03/22	City of Cambridge Level 3 Meet	Cambridge	ER220562	3
400 Individual Medley	5:08.87	5:14.50	439	20/02/22	Swim England Cambridgeshire County Championships	Whittlesey	ER220183	2
100 Individual Medley	1:13.36	1:13.40	303	27/01/19	Cambridgeshire ASA County Championships	Cambridge	ER190304	2