

Individual Best Times (All Time)

Lewis Fox - (1256120) - Rotherham Metro SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.95	26.20	467	13/05/23	Rotherham Metro Springtime Long Course Meet 2023	Sheffield	NE230500	3
100 Freestyle	58.25	56.80	520	01/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	EM230359	1
200 Freestyle	2:07.36	2:04.60	513	13/05/23	Rotherham Metro Springtime Long Course Meet 2023	Sheffield	NE230500	3
400 Freestyle	4:33.26	4:28.10	522	02/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	EM230359	1
50 Breaststroke	39.73	38.90	278	23/01/22	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE220033	3
100 Breaststroke	1:22.33	1:20.80	329	22/01/23	Rotherham Metro A & B Grade Long Course Meet 2023	Sheffield	NE230069	3
50 Butterfly	30.15	29.50	402	11/03/23	Derventio eXcel Early March Meet 2023	Sheffield	EM230151	1
100 Butterfly	1:05.27	1:04.10	434	13/05/23	Rotherham Metro Springtime Long Course Meet 2023	Sheffield	NE230500	3
200 Butterfly	2:24.06	2:21.90	449	30/04/23	SE NE Region Open/Youth Championships (50m) 2023	Sheffield	NE230133	1
50 Backstroke	32.62	32.00	376	13/05/23	Rotherham Metro Springtime Long Course Meet 2023	Sheffield	NE230500	3
100 Backstroke	1:11.05	1:09.90	383	21/01/23	Rotherham Metro A & B Grade Long Course Meet 2023	Sheffield	NE230069	3
200 Backstroke	2:39.41	2:37.30	346	22/01/23	Rotherham Metro A & B Grade Long Course Meet 2023	Sheffield	NE230069	3
200 Individual Medley	2:30.95	2:28.30	430	22/01/23	Rotherham Metro A & B Grade Long Course Meet 2023	Sheffield	NE230069	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.50	27.30	440	03/07/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220519	3
100 Freestyle	57.22	58.70	481	16/09/23	Rotherham Metro ROME September Sprints 2023	Worksop	NE231280	3
200 Freestyle	2:03.74	2:06.50	517	06/11/22	SE North East Open Championships (25m) 2022	Sheffield	NE221572	2
400 Freestyle	4:28.30	4:33.50	495	25/09/22	The eXcel September Spectacular	Derby	EM221352	2
50 Breaststroke	39.49	40.30	252	03/12/21	Bassetlaw SS 3rd Open Meet	Worksop	EM210996	3
100 Breaststroke	1:22.32	1:23.80	302	17/09/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220520	3
50 Butterfly	29.21	29.90	412	30/09/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
100 Butterfly	1:05.90	1:07.00	381	17/09/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220520	3
200 Butterfly	2:22.27	2:24.50	423	05/11/22	SE North East Open Championships (25m) 2022	Sheffield	NE221572	2
50 Backstroke	30.58	31.20	377	16/09/23	Rotherham Metro ROME September Sprints 2023	Worksop	NE231280	3
100 Backstroke	1:07.30	1:08.50	370	16/09/23	Rotherham Metro ROME September Sprints 2023	Worksop	NE231280	3
200 Backstroke	2:30.48	2:32.70	345	03/07/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220519	3
200 Individual Medley	2:23.17	2:25.90	448	09/10/22	Yorkshire Swimming Association Winter Competitions	Leeds	NE221235	2
100 Individual Medley	1:07.74	1:07.70	385	17/09/22	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE220520	3