

# Individual Best Times (All Time)

Henry Wallace - (1261021) - Stowmarket SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.21	29.90	328	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
100 Freestyle	1:05.66	1:06.90	318	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
200 Freestyle	2:32.60	2:34.90	276	16/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
400 Freestyle	5:36.21	5:40.40	251	15/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
50 Breaststroke	35.85	36.70	337	19/11/23	Deben Woodbridge SC November 2023 Meet	Ipswich	ER230782	3
100 Breaststroke	1:19.93	1:21.50	330	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
200 Breaststroke	3:13.26	3:16.00	240	16/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
50 Butterfly	33.95	34.50	262	08/10/23	David Robinson Suffolk Development Meet 2023	Ipswich	ER231795	3
100 Butterfly	1:20.48	1:21.40	209	16/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231904	4
50 Backstroke	35.36	35.90	244	20/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231905	4
100 Backstroke	1:25.64	1:26.60	179	11/09/22	Stowmarket Club Championships 2022	Mid Suffolk Leisure	ER221791	4
200 Backstroke	3:31.15	3:32.70	125	15/11/19	Stowmarket Club Championships	Stowmarket	ER192842	4
200 Individual Medley	4:00.77	4:02.40	94	18/11/17	Stowmarket Club Championships 2017	Stowmarket	ER172065	4
100 Individual Medley	1:14.97	1:15.00	284	18/09/23	Stowmarket SC Club Championships 2023	Stowmarket	ER231905	4