

Individual Best Times (All Time)

Alexandre Plaquin - (1262102) - Sutton & Cheam SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.57	28.90	353	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
50 Breaststroke	37.79	36.90	323	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
50 Backstroke	35.35	34.80	295	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.79	29.50	343	25/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4
100 Freestyle	1:07.29	1:08.50	295	22/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231948	4
200 Freestyle	2:33.66	2:35.90	270	05/11/23	Dorking SC Open Meet	Dorking	SE231664	3
50 Breaststroke	35.16	36.00	357	26/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4
100 Breaststroke	1:19.67	1:21.20	334	25/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4
200 Breaststroke	3:03.20	3:06.10	282	10/07/22	Sutton & Cheam SC Summertime Splash 2022	Carshalton	LR220966	3
50 Butterfly	33.40	34.00	276	23/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
50 Backstroke	34.02	34.60	274	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Backstroke	1:15.29	1:16.40	264	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
200 Backstroke	2:50.27	2:52.20	238	09/07/22	Sutton & Cheam SC Summertime Splash 2022	Carshalton	LR220966	3
200 Individual Medley	2:49.12	2:51.40	272	10/07/22	Sutton & Cheam SC Summertime Splash 2022	Carshalton	LR220966	3
100 Individual Medley	1:14.54	1:14.50	288	21/10/23	Sutton & Cheam and S Croydon Club Champs 2023	Carshalton	LR231948	4