

Individual Best Times (All Time)

Christian Pauling - (1266265) - Beckenham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.67	31.00	287	21/04/19	Beckenham Easter International Open 2019	London	LR190200	1
100 Freestyle	1:14.83	1:13.70	245	28/05/17	2017 London Swimming May Open Meet	London	LR170886	1
200 Freestyle	2:34.88	2:32.60	285	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
400 Freestyle	5:31.33	5:27.10	293	20/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180332	1
1500 Freestyle	21:10.98	20:54.60	321	21/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180332	1
50 Breaststroke	32.23	31.20	521	05/02/22	Kent County Championships 2022	London Aqu Cen	SE220057	1
100 Breaststroke	1:12.41	1:10.70	484	05/02/22	Kent County Championships 2022	London Aqu Cen	SE220057	1
200 Breaststroke	2:37.85	2:34.50	502	30/04/22	SE London Summer Championships 2022	Stratford	LR220486	1
50 Butterfly	36.27	35.70	231	10/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Butterfly	1:14.55	1:13.50	291	25/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
50 Backstroke	38.85	38.30	222	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Backstroke	1:20.44	1:19.40	263	20/05/18	2018 London Swimming Regional Summer Champs	Stratford	LR180783	1
200 Backstroke	2:57.70	2:55.80	249	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
200 Individual Medley	2:47.88	2:45.50	313	21/04/19	Beckenham Easter International Open 2019	London	LR190200	1
400 Individual Medley	6:05.98	6:01.10	290	20/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180332	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.71	28.50	385	22/07/21	Beckenham	The Spa	LEX3725	0
100 Freestyle	1:04.48	1:05.80	336	30/06/21	Beckenham	The Spa	LEX3694	0
200 Freestyle	2:24.22	2:26.60	327	23/12/19	Beckenham Club Championships 2019	Beckenham	LR192589	4
400 Freestyle	5:04.21	5:08.80	339	25/11/19	Beckenham Club Championships 2019	Beckenham	LR192593	4
800 Freestyle	10:14.57	10:23.90	375	11/11/19	Beckenham Club Championships 2019	Beckenham	LR192592	4
1500 Freestyle	20:32.38	20:49.00	324	12/11/18	Beckenham Club Championships 2018	Beckenham	LR181626	4
50 Breaststroke	33.07	34.00	429	07/11/21	SE London Winter Championships 2021	London	LR211006	2
100 Breaststroke	1:12.52	1:14.20	442	09/01/22	3rd Kent Weald SS Last Chance County Qualifier	Gillingham	SE220172	3
200 Breaststroke	2:42.67	2:45.90	403	07/11/21	SE London Winter Championships 2021	London	LR211006	2
50 Butterfly	30.25	30.90	371	09/01/22	3rd Kent Weald SS Last Chance County Qualifier	Gillingham	SE220172	3
100 Butterfly	1:09.35	1:10.40	327	30/06/21	Beckenham	The Spa	LEX3694	0
200 Butterfly	3:09.04	3:10.70	180	09/12/19	Beckenham Club Championships 2019	Beckenham	LR192594	4
50 Backstroke	37.17	37.70	210	11/06/17	Dartford Dash	Gillingham	SE171024	3
100 Backstroke	1:20.05	1:21.00	220	15/10/18	Beckenham Club Championships 2018	Beckenham	LR181625	4
200 Backstroke	2:42.81	2:44.80	273	25/11/19	Beckenham Club Championships 2019	Beckenham	LR192593	4
200 Individual Medley	2:24.88	2:27.60	433	29/01/22	Kent County Championships 2022	Dover LC	SE220056	2
400 Individual Medley	5:44.59	5:49.70	316	30/09/19	Beckenham Club Championships 2019	Beckenham	LR192590	4
100 Individual Medley	1:15.81	1:15.80	274	11/11/19	Beckenham Club Championships 2019	Beckenham	LR192592	4