

Individual Best Times (All Time)

Joseph Cooper - (1283771) - Long Eaton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.95	30.30	308	24/07/22	East Midlands Summer Festival	Derby	EM221414	3
100 Freestyle	1:07.03	1:05.80	341	24/07/22	East Midlands Summer Festival	Derby	EM221414	3
200 Freestyle	2:28.21	2:25.80	325	12/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
400 Freestyle	5:05.86	5:01.20	372	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
800 Freestyle	10:29.29	10:20.00	370	10/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
1500 Freestyle	19:55.19	19:37.80	387	08/04/23	SE East Midlands Region Distance Time Trial 2023	Loughborough	EM230556	1
50 Breaststroke	39.89	39.10	275	23/07/22	East Midlands Summer Festival	Derby	EM221414	3
100 Breaststroke	1:29.65	1:28.20	255	23/07/22	East Midlands Summer Festival	Derby	EM221414	3
200 Breaststroke	3:15.31	3:12.60	265	27/03/22	Corby ASC Annual LC Open Meet	Corby	EM220112	3
50 Butterfly	36.92	36.40	219	11/12/22	Derbyshire ASA LC Competition 2022 Level 3	Sheffield	EM222034	3
200 Butterfly	3:34.64	3:33.20	135	04/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1
50 Backstroke	38.48	38.00	229	12/12/21	Derbyshire ASA LC Competition 2021 - Level 3	Ponds Forge	EM210640	3
200 Backstroke	2:57.54	2:55.60	250	14/01/24	Buxton LC Qualifier 2024	Derby	EM240028	3
200 Individual Medley	2:51.88	2:49.60	291	04/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1
400 Individual Medley	6:15.19	6:10.50	270	11/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.82	30.50	308	30/10/22	The Ghoul in the Pool 2022	Matlock	EM221739	3
100 Freestyle	1:05.58	1:06.80	319	30/10/22	The Ghoul in the Pool 2022	Matlock	EM221739	3
200 Freestyle	2:21.30	2:23.70	347	25/06/23	Derby Excel Sprint Spectacular	Derby	EM230964	3
400 Freestyle	4:54.61	4:59.30	373	26/03/23	City of Derby 39th Open Meet 2023	Matlock	EM230267	3
800 Freestyle	9:59.15	10:08.70	405	17/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
1500 Freestyle	19:02.80	19:20.70	406	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
50 Breaststroke	40.42	41.20	235	25/09/22	Matlock & District Autumn Open Meet	Matlock	EM221460	3
100 Breaststroke	1:26.31	1:27.80	262	30/10/22	The Ghoul in the Pool 2022	Matlock	EM221739	3
200 Breaststroke	3:14.62	3:17.30	235	17/07/22	Long Eaton Club Championships	Long Eaton	EM221030	4
50 Butterfly	36.49	37.00	211	07/04/24	Chesterfield SC Spring Meet 2024	Matlock	EM240389	3
100 Butterfly	1:29.70	1:30.50	151	25/03/23	City of Derby 39th Open Meet 2023	Matlock	EM230267	3
200 Butterfly	3:18.76	3:20.30	155	18/12/22	Long Eaton SC County Qualifier Meet 2022	Long Eaton	EM222121	4
50 Backstroke	36.10	36.70	229	16/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
100 Backstroke	1:17.16	1:18.20	245	11/11/23	National Arena Swim League WM Div 3 Rd 2	Pingles	WM231849	4
200 Backstroke	2:42.87	2:44.90	272	25/06/23	Derby Excel Sprint Spectacular	Derby	EM230964	3
200 Individual Medley	2:42.08	2:44.50	309	17/12/22	Long Eaton SC County Qualifier Meet 2022	Long Eaton	EM222121	4
400 Individual Medley	5:44.38	5:49.50	316	12/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
100 Individual Medley	1:16.12	1:16.10	271	30/10/22	The Ghoul in the Pool 2022	Matlock	EM221739	3