

Individual Best Times (All Time)

Max Ainsworth - (1304683) - Kendal SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.29	28.60	363	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
100 Freestyle	1:05.11	1:03.80	372	06/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
200 Freestyle	2:27.11	2:24.70	333	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
50 Breaststroke	36.06	35.20	372	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Breaststroke	1:21.12	1:19.60	344	07/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
200 Breaststroke	2:56.98	2:54.00	356	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
100 Butterfly	1:13.96	1:12.90	298	06/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3
200 Individual Medley	2:39.03	2:36.50	368	06/07/19	City of Sunderland ASC Summer Splash 2019	Sunderland	NE192020	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.81	28.50	380	25/09/21	12th Presidents Gala	Workington	NW210318	3
100 Freestyle	1:00.74	1:02.10	402	25/09/21	12th Presidents Gala	Workington	NW210318	3
200 Freestyle	2:21.55	2:24.00	345	07/03/20	Ulverston Spring Swim Fest 2020	Kendal LC	NW200559	3
400 Freestyle	5:09.19	5:13.70	323	13/06/21	Kendal	Kendal LC	LEX1824	0
800 Freestyle	10:46.36	10:55.30	322	18/06/19	Kendal Long Distance Gala 2	Kendal	NW192001	4
50 Breaststroke	35.62	36.50	343	30/10/21	Barrow ASC Halloween Meet 2021	Barrow in Furness	NW210708	3
100 Breaststroke	1:17.25	1:18.90	366	30/10/21	Barrow ASC Halloween Meet 2021	Barrow in Furness	NW210708	3
200 Breaststroke	2:49.19	2:52.30	358	25/09/21	12th Presidents Gala	Workington	NW210318	3
50 Butterfly	30.48	31.10	363	25/09/21	12th Presidents Gala	Workington	NW210318	3
100 Butterfly	1:10.83	1:11.90	306	08/03/20	Ulverston Spring Swim Fest 2020	Kendal LC	NW200559	3
200 Butterfly	2:38.98	2:41.00	303	13/07/19	KENDAL CLUB CHAMPIONSHIPS - Gala 3	KENDAL	NW192531	4
50 Backstroke	32.23	32.80	322	30/10/21	Barrow ASC Halloween Meet 2021	Barrow in Furness	NW210708	3
100 Backstroke	1:16.06	1:17.10	256	29/06/19	Kendal Mint Open Gala 2019	Kendal	NW191769	3
200 Backstroke	2:33.61	2:35.80	325	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	NW200216	2
200 Individual Medley	2:29.31	2:31.90	395	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	NW200216	2
400 Individual Medley	5:32.94	5:38.20	350	12/11/19	Kendal Long Distance Gala 4	Kendal	NW193293	4
100 Individual Medley	1:07.71	1:07.70	385	16/10/21	Kendal ASC Club Gala 1	Kendal	NW211008	4