

Individual Best Times (All Time)

Jacob Hamblen - (1311076) - Derby Excel Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.87	24.00	594	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
100 Freestyle	55.39	53.90	605	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
200 Freestyle	2:03.55	2:00.70	562	12/03/23	Derwentio eXcel Early March Meet 2023	Sheffield	EM230151	1
400 Freestyle	4:32.47	4:27.30	526	15/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	EM220003	1
50 Breaststroke	29.95	28.90	650	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
100 Breaststroke	1:05.77	1:03.80	646	23/07/23	British Summer Championships	Sheffield	BSW025	1
200 Breaststroke	2:36.20	2:32.80	518	06/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
50 Butterfly	31.51	30.90	353	06/05/19	SE East Midlands Region Champs 2019 Gala 2	Sheffield	EM191624	1
100 Butterfly	1:07.68	1:06.50	390	24/07/21	Derwentio eXcel Welcome Back Long Course Open	Pond Forge	EM210150	3
50 Backstroke	30.41	29.70	464	02/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220575	1
100 Backstroke	1:07.68	1:06.50	443	12/12/21	Derbyshire ASA LC Competition 2021 - Level 1	Ponds Forge	EM210639	1
200 Backstroke	2:18.78	2:16.40	524	07/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
200 Individual Medley	2:20.03	2:17.20	539	11/03/23	Derwentio eXcel Early March Meet 2023	Sheffield	EM230151	1
400 Individual Medley	5:27.21	5:21.80	407	06/07/19	Northampton 2019 Long Course Summer Festival	Corby	EM191221	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.88	25.70	532	16/09/23	Derby Excel September Season Opener Meet 2023	Derby	EM231439	2
100 Freestyle	55.70	57.20	521	20/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
200 Freestyle	1:59.57	2:02.40	573	03/12/22	Bassetlaw SS 4th Open Meet 2022	Worksop	EM222123	3
400 Freestyle	4:27.21	4:32.40	501	20/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
1500 Freestyle	17:24.73	17:44.30	532	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
50 Breaststroke	29.61	30.60	598	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
100 Breaststroke	1:04.01	1:05.90	644	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
200 Breaststroke	2:28.82	2:32.30	526	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
50 Butterfly	29.12	29.80	416	06/06/21	Derwentio Excel	Queens Leisure Centr	LEX1529	0
100 Butterfly	1:08.41	1:09.50	340	02/11/20	Derwentio Excel	Queen's Leisure Cen	LEX509	0
50 Backstroke	29.48	30.20	421	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
100 Backstroke	1:08.67	1:09.80	348	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
200 Backstroke	2:16.92	2:19.30	459	20/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
200 Individual Medley	2:14.37	2:17.30	543	02/12/22	Bassetlaw SS 4th Open Meet 2022	Worksop	EM222123	3
400 Individual Medley	4:54.13	5:00.00	508	24/01/22	Derwentio Excel Swim Squad Distance TT	Queens LC	EM220436	4
100 Individual Medley	1:05.01	1:05.00	435	01/10/22	Etwall Eagles Club Championships 2022	Alfreton	EM221682	4