

Individual Best Times (All Time)

Lucas Krynauw - (1316320) - Wellingborough SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.49	27.70	395	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Freestyle	1:03.43	1:02.10	403	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Freestyle	2:35.09	2:32.80	284	12/02/23	Northamptonshire ASA County Championships 2023	Corby	EM230155	1
400 Freestyle	5:51.89	5:47.90	244	28/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230153	1
1500 Freestyle	22:21.44	22:05.90	273	04/02/23	Northamptonshire ASA County Championships 2023	Corby	EM230154	1
50 Breaststroke	38.19	37.40	313	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Breaststroke	1:23.76	1:22.20	313	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Breaststroke	3:22.45	3:19.80	238	12/02/23	Northamptonshire ASA County Championships 2023	Corby	EM230155	1
50 Butterfly	39.95	39.50	173	12/02/23	Northamptonshire ASA County Championships 2023	Corby	EM230155	1
50 Backstroke	34.40	33.80	320	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Backstroke	1:12.85	1:11.70	355	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Backstroke	2:51.01	2:49.00	280	28/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230153	1
200 Individual Medley	2:56.86	2:54.60	267	29/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230153	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.04	28.80	371	08/06/24	Wellingborough ASC Sprint Club Championships 2024	Wellingborough	EM241502	4
100 Freestyle	1:03.85	1:05.10	346	08/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
200 Freestyle	2:28.31	2:30.60	300	19/09/23	Linslade Crusaders SC Club Championships 2023	Tiddenfoot LC	ER231790	4
400 Freestyle	5:26.59	5:30.90	274	21/09/23	Linslade Crusaders SC Club Championships 2023	Tiddenfoot LC	ER231792	4
800 Freestyle	11:28.50	11:36.90	267	20/09/23	Linslade Crusaders SC Club Championships 2023	Tiddenfoot LC	ER231791	4
50 Breaststroke	36.87	37.70	309	08/06/24	Wellingborough ASC Sprint Club Championships 2024	Wellingborough	EM241502	4
100 Breaststroke	1:20.46	1:22.00	324	11/05/24	Leighton Buzzard Springboard Open Meet 2024	Bletchley	ER240693	3
200 Breaststroke	3:16.26	3:18.90	229	19/11/22	Wellingborough ASC Annual Club Championships 2022	Wellingborough	EM222465	4
50 Butterfly	32.61	33.20	296	11/05/24	Leighton Buzzard Springboard Open Meet 2024	Bletchley	ER240693	3
50 Backstroke	32.43	33.00	316	11/05/24	Leighton Buzzard Springboard Open Meet 2024	Bletchley	ER240693	3
100 Backstroke	1:10.49	1:11.60	322	11/05/24	Leighton Buzzard Springboard Open Meet 2024	Bletchley	ER240693	3
200 Backstroke	2:44.66	2:46.70	263	26/11/22	Wellingborough ASC Annual Club Championships 2022	Wellingborough	EM222466	4
200 Individual Medley	2:51.03	2:53.30	263	18/09/23	Linslade Crusaders SC Club Championships 2023	Tiddenfoot LC	ER231790	4
100 Individual Medley	1:11.94	1:11.90	321	11/05/24	Leighton Buzzard Springboard Open Meet 2024	Bletchley	ER240693	3