

Individual Best Times (All Time)

Jan Beblot - (1318368) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.22	28.50	366	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
100 Freestyle	1:02.06	1:00.70	430	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
200 Freestyle	2:21.30	2:18.80	376	09/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
400 Freestyle	5:00.48	4:55.80	392	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
50 Breaststroke	54.33	53.70	108	10/07/21	CONSC Midsummer Madness 2021	Norwich	ER210166	3
100 Breaststroke	1:58.15	1:57.10	111	11/07/21	CONSC Midsummer Madness 2021	Norwich	ER210166	3
50 Butterfly	29.27	28.60	440	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:05.58	1:04.40	428	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Butterfly	2:54.76	2:52.90	251	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
50 Backstroke	30.01	29.30	483	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Backstroke	1:05.29	1:04.00	493	04/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
200 Backstroke	2:24.89	2:22.60	460	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Individual Medley	2:35.26	2:32.70	395	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
400 Individual Medley	5:48.27	5:43.20	337	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.07	28.80	370	23/09/23	Norwich Swan No Frills Season Starter Meet 2023	Norwich	ER231938	3
100 Freestyle	1:01.05	1:02.40	396	24/09/23	Norwich Swan No Frills Season Starter Meet 2023	Norwich	ER231938	3
200 Freestyle	2:19.27	2:21.70	363	25/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
400 Freestyle	4:49.78	4:54.60	392	08/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3
800 Freestyle	10:21.31	10:30.60	363	15/09/23	Co Norwich SC Distance Meet 2023	Norwich	ER230422	3
1500 Freestyle	20:05.34	20:22.40	346	02/07/23	Norwich Swan Club Championships 2023	Hewett Academy	ER231124	4
50 Breaststroke	44.12	44.80	180	29/10/22	Teamipswich Swimming Club Spooktacular Open Meet	Ipswich	ER221508	3
100 Breaststroke	1:39.54	1:40.80	171	24/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	ER221633	3
200 Breaststroke	3:35.25	3:37.70	173	17/07/22	Norwich Swan Club Championships 2022	Sportspark	ER220929	4
50 Butterfly	30.05	30.70	379	16/12/23	Stowmarket SC No Frills Meet 2023	Mid Suffolk	ER232289	3
100 Butterfly	1:06.65	1:07.80	368	17/12/23	Stowmarket SC No Frills Meet 2023	Mid Suffolk	ER232289	3
200 Butterfly	2:40.50	2:42.50	295	30/06/23	Norwich Swan Club Championships 2023	Wymondham LC	ER231123	4
50 Backstroke	30.00	30.70	400	08/10/23	Hatfield SC Regional Qualifier Oct 2023	Hatfield	ER231213	3
100 Backstroke	1:02.94	1:04.20	452	04/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
200 Backstroke	2:18.86	2:21.20	440	17/12/23	Stowmarket SC No Frills Meet 2023	Mid Suffolk	ER232289	3
200 Individual Medley	2:36.32	2:38.80	344	26/03/23	Norwich Swan Open Meet 2023	Norwich	ER230288	3
400 Individual Medley	5:25.54	5:30.90	375	17/12/23	Stowmarket SC No Frills Meet 2023	Mid Suffolk	ER232289	3
100 Individual Medley	1:18.24	1:18.20	249	03/12/22	Great Yarmouth SC Winter Wipeout 2022	Norwich	ER221515	3