

# Individual Best Times (All Time)

Sebastian Ebanks - (1353818) - Derby Excel Swimming Club

Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet                                              | Venue     | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|---------------------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 25.85    | 25.00           | 529       | 01/04/23 | Derventio eXcel Spring Qualifier Meet 2023        | Sheffield | EM230359 | 1     |
| 100 Freestyle         | 56.33    | 54.80           | 575       | 01/04/23 | Derventio eXcel Spring Qualifier Meet 2023        | Sheffield | EM230359 | 1     |
| 200 Freestyle         | 2:09.86  | 2:07.20         | 484       | 30/04/22 | West Midlands Region 2022 Regional Championships  | Coventry  | WM220504 | 1     |
| 400 Freestyle         | 4:41.19  | 4:36.20         | 479       | 03/04/22 | Derventio eXcel April Meet                        | Sheffield | EM220191 | 1     |
| 1500 Freestyle        | 19:20.49 | 19:02.60        | 422       | 11/03/22 | Stockport Metro Spring Long Course Open Meet 2022 | Stockport | NW220367 | 1     |
| 50 Breaststroke       | 34.74    | 33.80           | 416       | 12/03/23 | Derventio eXcel Early March Meet 2023             | Sheffield | EM230151 | 1     |
| 100 Breaststroke      | 1:19.06  | 1:17.50         | 372       | 04/02/23 | Derbyshire ASA County Championships 2023          | Derby     | EM230181 | 1     |
| 50 Butterfly          | 26.73    | 26.00           | 578       | 06/08/23 | Swim England National Summer Meet 2023            | Sheffield | ENG028   | 1     |
| 100 Butterfly         | 59.09    | 57.80           | 586       | 20/04/24 | SE East Midlands Regional LC Championships 2024   | Corby     | EM240622 | 1     |
| 200 Butterfly         | 2:18.34  | 2:16.00         | 507       | 07/04/24 | Derby Excel April Meet                            | Sheffield | EM240430 | 1     |
| 50 Backstroke         | 28.98    | 28.30           | 536       | 06/05/24 | SE East Midlands Regional LC Championships 2024   | Derby     | EM240623 | 1     |
| 100 Backstroke        | 1:02.20  | 1:00.90         | 570       | 05/08/23 | Swim England National Summer Meet 2023            | Sheffield | ENG028   | 1     |
| 200 Backstroke        | 2:15.06  | 2:12.60         | 569       | 06/08/23 | Swim England National Summer Meet 2023            | Sheffield | ENG028   | 1     |
| 200 Individual Medley | 2:17.78  | 2:14.90         | 566       | 30/04/23 | East Midlands Regional LC Championships 2023      | Derby     | EM230742 | 1     |
| 400 Individual Medley | 5:17.41  | 5:11.80         | 445       | 01/05/22 | West Midlands Region 2022 Regional Championships  | Coventry  | WM220504 | 1     |

Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                              | Venue      | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---------------------------------------------------|------------|----------|-------|
| 50 Freestyle          | 25.83    | 26.60           | 475       | 06/11/22 | SE West Midlands Winter Short Course Champs 2022  | Coventry   | WM222203 | 2     |
| 100 Freestyle         | 54.54    | 56.00           | 555       | 16/09/23 | Derby Excel September Season Opener Meet 2023     | Derby      | EM231439 | 2     |
| 200 Freestyle         | 2:02.25  | 2:05.10         | 537       | 30/09/23 | Derbyshire ASA County SC Championships 2023       | Matlock    | EM231373 | 2     |
| 400 Freestyle         | 4:23.81  | 4:29.10         | 520       | 17/09/23 | Derby Excel September Season Opener Meet 2023     | Derby      | EM231439 | 2     |
| 800 Freestyle         | 9:28.76  | 9:38.80         | 473       | 13/11/22 | Chase Roebuck Level 3 Distance Open 2022          | Walsall    | WM221935 | 3     |
| 1500 Freestyle        | 18:43.25 | 19:01.50        | 428       | 08/01/22 | Staffordshire ASA County Qualifier 2022           | Stafford   | WM220147 | 3     |
| 50 Breaststroke       | 33.16    | 34.10           | 425       | 15/06/24 | Derby Excel Club Championships 2024               | Derby      | EM241174 | 4     |
| 100 Breaststroke      | 1:13.92  | 1:15.60         | 418       | 25/06/23 | Derby Excel Sprint Spectacular                    | Derby      | EM230964 | 3     |
| 200 Breaststroke      | 2:48.45  | 2:51.60         | 362       | 01/10/23 | Derbyshire ASA County SC Championships 2023       | Matlock    | EM231373 | 2     |
| 50 Butterfly          | 26.26    | 27.00           | 568       | 16/12/23 | Swim England Winter Championships 2023            | Sheffield  | ENG029   | 2     |
| 100 Butterfly         | 58.31    | 59.60           | 550       | 04/11/23 | SE EM Short Course Championships 2023             | Nottingham | EM232280 | 2     |
| 200 Butterfly         | 2:12.47  | 2:14.80         | 524       | 05/11/23 | SE EM Short Course Championships 2023             | Nottingham | EM232280 | 2     |
| 50 Backstroke         | 27.40    | 28.10           | 525       | 17/12/23 | Swim England Winter Championships 2023            | Sheffield  | ENG029   | 2     |
| 100 Backstroke        | 59.96    | 1:01.30         | 523       | 16/09/23 | Derby Excel September Season Opener Meet 2023     | Derby      | EM231439 | 2     |
| 200 Backstroke        | 2:06.99  | 2:09.60         | 575       | 16/12/23 | Swim England Winter Championships 2023            | Sheffield  | ENG029   | 2     |
| 200 Individual Medley | 2:14.79  | 2:17.70         | 538       | 16/09/23 | Derby Excel September Season Opener Meet 2023     | Derby      | EM231439 | 2     |
| 400 Individual Medley | 4:53.03  | 4:59.00         | 514       | 07/10/23 | Derbyshire ASA County SC Champs 2023 Distance Day | Repton     | EM231374 | 3     |
| 100 Individual Medley | 1:02.30  | 1:02.30         | 494       | 05/11/23 | SE EM Short Course Championships 2023             | Nottingham | EM232280 | 2     |