

Individual Best Times (All Time)

Alfie Lynch - (1358412) - Derby Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.16	26.40	456	05/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1
100 Freestyle	59.43	58.00	490	23/07/23	SE East Midlands Summer Festival of Swimming 2023	Moorways SV	EM231444	3
200 Freestyle	2:11.80	2:09.10	463	12/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
50 Breaststroke	36.84	36.00	349	11/12/22	Derbyshire ASA LC Competition 2022 Level 3	Sheffield	EM222034	3
100 Breaststroke	1:21.58	1:20.00	338	22/07/23	SE East Midlands Summer Festival of Swimming 2023	Moorways SV	EM231444	3
50 Butterfly	30.40	29.80	393	11/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
50 Backstroke	30.35	29.70	467	04/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1
100 Backstroke	1:04.69	1:03.40	507	12/03/23	Nova Centurion National Qualifier Meet 2022	Nottigham	EM230091	1
200 Backstroke	2:18.08	2:15.60	532	30/04/23	East Midlands Regional LC Championships 2023	Derby	EM230742	1
200 Individual Medley	2:33.99	2:31.40	405	04/02/23	Derbyshire ASA County Championships 2023	Derby	EM230181	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.32	27.10	449	16/09/23	Derby Excel September Season Opener Meet 2023	Derby	EM231439	2
100 Freestyle	58.18	59.60	457	01/10/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
200 Freestyle	2:07.36	2:10.10	474	26/03/23	Repton Easter Meet 2023	Repton	EM230439	3
400 Freestyle	4:36.81	4:41.80	450	07/10/23	Derbyshire ASA County SC Champs 2023 Distance Day	Repton	EM231374	3
50 Breaststroke	35.46	36.30	348	15/04/23	Chesterfield SC Spring Open Meet 2023	Matlock	EM230592	3
100 Breaststroke	1:17.81	1:19.40	358	30/10/22	The Ghoul in the Pool 2022	Matlock	EM221739	3
50 Butterfly	30.06	30.70	378	16/09/23	Derby Excel September Season Opener Meet 2023	Derby	EM231439	2
100 Butterfly	1:08.47	1:09.60	339	04/11/23	Derby Phoenix Club Championships 2023	Alfreton	EM232466	4
50 Backstroke	29.20	29.90	434	25/06/23	Derby Excel Sprint Spectacular	Derby	EM230964	3
100 Backstroke	1:02.58	1:03.80	460	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
200 Backstroke	2:15.63	2:18.10	472	03/12/23	Chesterfield SC Winter Open Meet 2023	Matlock	EM231817	3
200 Individual Medley	2:24.26	2:27.00	438	15/04/23	Chesterfield SC Spring Open Meet 2023	Matlock	EM230592	3
100 Individual Medley	1:06.13	1:06.10	413	06/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2