

Individual Best Times (All Time)

Cohen Leonard - (1369591) - Adwick (Doncaster) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.72	34.10	218	11/12/21	Bo of Barnsley SC Christmas Sprints	Sheffield	NE210579	3
100 Freestyle	1:12.41	1:11.20	271	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3
200 Freestyle	2:32.20	2:29.90	300	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3
50 Breaststroke	40.32	39.50	266	18/02/23	Yorkshire Swimming Association Championships 2023	Sheffield	NE230056	1
100 Breaststroke	1:32.87	1:31.50	229	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3
200 Breaststroke	4:01.19	3:59.00	140	08/09/19	Sheffield & District ASA Championships	Sheffield	NE191611	4
50 Butterfly	43.37	42.90	135	11/12/21	Bo of Barnsley SC Christmas Sprints	Sheffield	NE210579	3
100 Butterfly	1:32.50	1:31.70	152	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3
50 Backstroke	43.08	42.60	163	11/12/21	Bo of Barnsley SC Christmas Sprints	Sheffield	NE210579	3
100 Backstroke	1:26.61	1:25.70	211	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3
200 Individual Medley	2:54.41	2:52.10	279	12/03/22	Team Jorvik Spring Festival 2022	Leeds	NE220189	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.65	30.30	314	02/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
100 Freestyle	1:04.15	1:05.40	341	01/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
200 Freestyle	2:16.74	2:19.30	383	02/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
400 Freestyle	4:49.26	4:54.10	395	31/03/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
800 Freestyle	10:02.18	10:11.70	399	26/11/22	Adwick ASC Distance Time Trials 2022	Adwick	NE222457	4
1500 Freestyle	19:14.95	19:32.70	394	01/12/22	Adwick ASC Distance Time Trials 2022	Adwick	NE222458	4
50 Breaststroke	37.90	38.70	285	02/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
100 Breaststroke	1:22.99	1:24.50	295	01/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
200 Breaststroke	2:56.84	2:59.80	313	02/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
50 Butterfly	34.53	35.10	249	01/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
100 Butterfly	1:21.50	1:22.40	201	04/12/22	Doncaster Dartes Swim-Along-A-Santa Meet 2022	John Charles Centre	NE221400	3
200 Butterfly	3:07.68	3:09.40	184	15/09/22	Adwick ASC Home Championships	Adwick Leisure	NE221238	4
50 Backstroke	36.84	37.40	216	13/11/22	Adwick ASC Home Championships	Adwick Leisure	NE221239	4
100 Backstroke	1:19.48	1:20.50	224	04/12/22	Doncaster Dartes Swim-Along-A-Santa Meet 2022	John Charles Centre	NE221400	3
200 Backstroke	2:47.65	2:49.60	250	09/04/22	KUHSC A/B Easter Short Course 2022	Hull	NE220238	3
200 Individual Medley	2:40.90	2:43.30	316	04/12/22	Doncaster Dartes Swim-Along-A-Santa Meet 2022	John Charles Centre	NE221400	3
400 Individual Medley	5:25.32	5:30.70	376	01/04/23	City of Leicester Age Group Meet 2023	Leicester	EM230357	3
100 Individual Medley	1:17.70	1:17.70	255	12/11/22	Adwick ASC Home Championships	Adwick Leisure	NE221239	4