

Individual Best Times (All Time)

Ethan Cowell - (1385850) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.61	25.80	485	17/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3
100 Freestyle	58.01	56.60	527	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Freestyle	2:08.40	2:05.70	501	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
400 Freestyle	4:35.36	4:30.20	510	07/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
800 Freestyle	9:47.44	9:37.50	455	06/01/24	City of Leeds New Year Meet 2024	Leeds	NE240034	3
50 Breaststroke	33.20	32.20	477	17/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3
100 Breaststroke	1:12.69	1:10.90	479	05/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Breaststroke	2:41.75	2:38.50	466	04/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
50 Butterfly	28.62	28.00	471	06/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1
100 Butterfly	1:05.77	1:04.60	425	07/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
50 Backstroke	33.41	32.80	350	16/12/23	City of Leeds Xmas Cracker Meet 2023	John Charles Aqu Cen	NE231008	3
100 Backstroke	1:11.22	1:10.10	380	03/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Backstroke	2:32.77	2:30.60	393	06/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
200 Individual Medley	2:22.47	2:19.70	512	06/08/23	Swim Wales Summer Open 2023	Swansea	WL230316	1
400 Individual Medley	5:11.45	5:05.80	472	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.13	26.90	459	01/10/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
100 Freestyle	58.39	59.80	452	07/10/23	Yorkshire SA Winter Competitions 2023	Leeds	NE230684	2
200 Freestyle	2:07.92	2:10.60	468	30/09/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
400 Freestyle	4:29.76	4:34.90	487	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
50 Breaststroke	32.24	33.20	463	07/10/23	Yorkshire SA Winter Competitions 2023	Leeds	NE230684	2
100 Breaststroke	1:11.28	1:13.00	466	08/10/23	Yorkshire SA Winter Competitions 2023	Leeds	NE230684	2
200 Breaststroke	2:38.92	2:42.20	432	30/09/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
50 Butterfly	28.88	29.50	427	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
100 Butterfly	1:05.61	1:06.80	386	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
200 Butterfly	2:29.72	2:31.80	363	01/10/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
50 Backstroke	32.10	32.70	326	30/09/23	City of Leeds Sept/Oct Meet 2023	Leeds	NE230403	3
100 Backstroke	1:08.90	1:10.10	345	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
200 Backstroke	2:28.22	2:30.50	361	05/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
200 Individual Medley	2:22.38	2:25.10	456	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2
400 Individual Medley	5:02.49	5:08.20	467	08/10/23	Yorkshire SA Winter Competitions 2023	Leeds	NE230684	2
100 Individual Medley	1:06.30	1:06.30	410	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	NE231347	2