

Individual Best Times (All Time)

Kenechukwu Harris-Eze - (1386955) - Barnet Cophall SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.57	25.80	487	28/01/24	2024 Middlesex County Championships	London	LR240186	1
100 Freestyle	57.36	55.90	545	21/05/23	Portsmouth Northsea Nationals Last Chance 2023	Mountbatten Centre	SE230699	1
200 Freestyle	2:01.33	1:58.40	594	09/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1
400 Freestyle	4:16.65	4:11.10	630	28/04/24	SE London Region Summer Championships 2024	London	LR240710	1
800 Freestyle	8:48.77	8:37.70	625	04/08/23	Swim England National Summer Meet 2023	Sheffield	ENG028	1
1500 Freestyle	16:46.13	16:25.50	648	27/04/24	SE London Region Summer Championships 2024	London	LR240710	1
200 Breaststroke	3:17.82	3:15.10	255	16/02/20	The 2020 Middlesex County Championships	London	LR200153	1
50 Butterfly	29.62	29.00	425	30/04/22	SE London Summer Championships 2022	Stratford	LR220486	1
100 Butterfly	1:02.85	1:01.60	487	01/05/23	SE London Summer Championships 2023	Stratford	LR230510	1
200 Butterfly	2:46.74	2:44.80	289	15/02/20	The 2020 Middlesex County Championships	London	LR200153	1
50 Backstroke	38.63	38.10	226	15/12/19	RTSC Christmas Cracker	Stratford	LR192156	3
200 Backstroke	2:45.05	2:43.00	311	08/02/20	The 2020 Middlesex County Championships	London	LR200152	1
200 Individual Medley	2:28.90	2:26.20	448	05/02/22	MIDDX County Championships 2022	Hillingdon LC	LR220143	1
400 Individual Medley	5:38.20	5:33.00	368	09/02/20	The 2020 Middlesex County Championships	London	LR200152	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.53	26.30	492	04/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
100 Freestyle	55.28	56.80	533	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
200 Freestyle	1:58.05	2:00.90	596	16/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
400 Freestyle	4:11.31	4:16.80	602	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
800 Freestyle	8:35.14	8:46.20	637	14/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
1500 Freestyle	16:24.88	16:45.60	635	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
50 Breaststroke	35.80	36.70	338	11/06/23	Barnet Cophall SC Kate Lack Trophy Meet 2023	Cophall Pools	LR230897	3
100 Breaststroke	1:19.99	1:21.60	330	12/06/22	Barnet Cophall SC Kate Lack Trophy Meet	Cophall	LR220807	3
200 Breaststroke	2:47.02	2:50.20	372	11/06/23	Barnet Cophall SC Kate Lack Trophy Meet 2023	Cophall Pools	LR230897	3
50 Butterfly	29.43	30.10	403	13/11/22	Barnet Cophall SC County Qualifier Meet 1	Cophall Pools	LR221843	3
100 Butterfly	1:02.30	1:03.50	451	09/06/24	Barnet Cophall Summer Invitational Meet 2024	Hendon	LR240903	4
200 Butterfly	2:19.95	2:22.20	445	11/06/23	Barnet Cophall SC Kate Lack Trophy Meet 2023	Cophall Pools	LR230897	3
50 Backstroke	33.20	33.80	295	12/06/22	Barnet Cophall SC Kate Lack Trophy Meet	Cophall	LR220807	3
100 Backstroke	1:11.27	1:12.40	311	12/06/22	Barnet Cophall SC Kate Lack Trophy Meet	Cophall	LR220807	3
200 Backstroke	2:28.25	2:30.50	361	12/06/22	Barnet Cophall SC Kate Lack Trophy Meet	Cophall	LR220807	3
200 Individual Medley	2:34.20	2:36.70	359	01/06/21	Barnet Cophall	Cophall	LEX3559	0
400 Individual Medley	5:52.50	5:57.50	295	13/10/19	Barnett Cophall County Qualifier & Development	London	LR192659	3
100 Individual Medley	1:08.30	1:08.30	375	30/01/22	MIDDX County Championships 2022	Southbury Road LC	LR220142	2