

Individual Best Times (All Time)

Zak Misiak-Nettleship - (1388059) - Derby Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.71	36.10	184	10/03/19	City of Sheffield Swim Squad March Madness 2019	Sheffield	NE190400	3
100 Freestyle	1:08.27	1:07.00	323	24/07/22	East Midlands Summer Festival	Derby	EM221414	3
50 Breaststroke	54.89	54.30	105	10/03/19	City of Sheffield Swim Squad March Madness 2019	Sheffield	NE190400	3
50 Butterfly	34.76	34.20	262	24/07/22	East Midlands Summer Festival	Derby	EM221414	3
50 Backstroke	41.24	40.70	186	10/03/19	City of Sheffield Swim Squad March Madness 2019	Sheffield	NE190400	3
100 Backstroke	1:31.10	1:30.20	181	10/03/19	City of Sheffield Swim Squad March Madness 2019	Sheffield	NE190400	3
200 Backstroke	2:46.21	2:44.20	305	24/07/22	East Midlands Summer Festival	Derby	EM221414	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.60	29.30	350	26/03/23	Repton Easter Meet 2023	Repton	EM230439	3
100 Freestyle	1:03.47	1:04.80	352	26/03/23	Repton Easter Meet 2023	Repton	EM230439	3
200 Freestyle	2:42.25	2:44.40	229	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
400 Freestyle	5:43.59	5:47.70	235	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
50 Breaststroke	39.77	40.60	246	26/03/23	Repton Easter Meet 2023	Repton	EM230439	3
100 Breaststroke	1:30.20	1:31.60	230	04/12/22	Derby Phoenix SC Championships 2022	Alfreton	EM222449	4
200 Breaststroke	4:00.65	4:02.80	124	05/01/19	Ripley Rascals 46th Anniversary Open Meet	MATLOCK	EM190202	3
50 Butterfly	31.16	31.80	340	26/03/23	Repton Easter Meet 2023	Repton	EM230439	3
100 Butterfly	1:20.00	1:20.90	213	04/12/22	Derby Phoenix SC Championships 2022	Alfreton	EM222449	4
50 Backstroke	32.33	32.90	319	26/03/23	Repton Easter Meet 2023	Repton	EM230439	3
100 Backstroke	1:10.73	1:11.90	319	26/03/23	Repton Easter Meet 2023	Repton	EM230439	3
200 Backstroke	3:00.47	3:02.30	200	08/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
200 Individual Medley	2:45.74	2:48.10	289	15/04/22	Repton Open Meet	Repton	EM220268	3
400 Individual Medley	6:35.59	6:40.00	209	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
100 Individual Medley	1:14.81	1:14.80	285	04/12/22	Derby Phoenix SC Championships 2022	Alfreton	EM222449	4