

Individual Best Times (All Time)

Alexander Harrand - (1388789) - Derby Excel Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.58	23.70	615	04/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
100 Freestyle	53.00	51.40	691	10/03/24	Swedish Grand Prix 2024	Kungsbacka	GBR2278	1
200 Freestyle	1:52.71	1:49.60	741	09/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
400 Freestyle	4:04.14	3:58.30	732	04/04/23	British Swimming Championships 2023	Sheffield	BSW024	1
800 Freestyle	8:43.73	8:32.60	643	11/02/23	Derbyshire ASA County Championships 2023	Derby	EM230182	1
50 Breaststroke	35.95	35.10	376	24/07/21	Derventio eXcel Welcome Back Long Course Open	Pond Forge	EM210150	3
100 Breaststroke	1:14.13	1:12.40	451	16/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	EM220003	1
50 Butterfly	27.10	26.40	554	21/01/24	Derby Excel New Year Meet 2024	Sheffield	EM240047	1
100 Butterfly	1:01.33	1:00.10	524	20/03/22	Derventio eXcel March Open Meet	Sheffield	EM220103	1
200 Butterfly	2:37.75	2:35.70	342	12/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
50 Backstroke	30.61	29.90	455	13/03/22	71st ESSA National Inter-Divisional Championships	Coventry	WM220488	1
100 Backstroke	1:08.51	1:07.30	427	15/01/22	City of Derby 18th Level1 Long Course	Ponds Forge	EM220003	1
200 Backstroke	2:39.50	2:37.40	345	14/04/19	City of Leeds National Qualifier 2019	Leeds	NE190133	1
200 Individual Medley	2:15.62	2:12.70	593	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.34	25.20	568	16/09/23	Derby Excel September Season Opener Meet 2023	Derby	EM231439	2
100 Freestyle	51.42	53.00	663	05/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
200 Freestyle	1:49.04	1:52.20	756	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
400 Freestyle	3:54.41	4:00.30	742	04/12/22	National Winter Championships 2022	Sheffield	ENG027	2
800 Freestyle	8:24.78	8:36.10	677	22/10/22	City of Leicester Sprint & Distance Meet 2022	Braunstone	EM221731	3
1500 Freestyle	17:53.24	18:12.30	491	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
50 Breaststroke	34.14	35.00	390	20/06/21	Long Eaton	West Park	LEX2055	0
100 Breaststroke	1:14.73	1:16.40	404	26/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220032	2
200 Breaststroke	2:59.63	3:02.50	299	20/07/19	Long Eaton Club Championships 2019	Long Eaton	EM191500	4
50 Butterfly	27.16	27.80	513	26/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220032	2
100 Butterfly	58.97	1:00.20	531	25/09/22	The eXcel September Spectacular	Derby	EM221352	2
200 Butterfly	2:34.08	2:36.10	333	15/03/20	37th City of Derby Licensed Short Course Open Meet	Matlock	EM200407	3
50 Backstroke	29.49	30.20	421	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
100 Backstroke	1:05.94	1:07.10	393	16/07/21	Long Eaton SC Club Championships 2021	Long Eaton	EM210325	4
200 Backstroke	2:25.84	2:28.10	379	03/10/21	Corby October Open Meet	Corby	EM210147	3
200 Individual Medley	2:11.54	2:14.50	578	11/11/23	National Arena Swim League WM Div 2 Rd 2	Tudor Grange LC	WM231847	4
400 Individual Medley	4:57.81	5:03.60	490	24/01/22	Derventio Excel Swim Squad Distance TT	Queens LC	EM220436	4
100 Individual Medley	1:08.03	1:08.00	380	22/12/19	Long Eaton BIG 50	Long Eaton	EM193272	4