

Individual Best Times (All Time)

Alexander Rowe - (1400962) - City of Salford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.39	27.60	399	10/06/23	Arena Manchester Summer Open 2023	Manchester	NW231332	3
100 Freestyle	1:02.22	1:00.90	427	04/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	NW230072	1
200 Freestyle	2:23.45	2:21.00	359	16/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
50 Breaststroke	38.47	37.60	306	17/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
100 Breaststroke	1:25.72	1:24.20	292	04/03/23	Richmond Dales ASC April Fool Gala 2023	Leeds	NE230257	3
200 Breaststroke	3:30.15	3:27.60	212	05/12/21	City of Manchester Aquatics Arena Snowpen 2021	Manchester	NW211519	3
50 Butterfly	30.06	29.40	406	17/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
100 Butterfly	1:06.85	1:05.70	404	30/09/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
200 Butterfly	2:36.83	2:34.80	348	20/04/24	SENW Regional Summer Championships 2024	Manchester	NW240304	1
50 Backstroke	35.92	35.40	281	11/03/23	Stockport Metro Spring Long Course Open Meet 2023	Stockport	NW230479	1
100 Backstroke	1:17.71	1:16.70	292	12/03/23	Stockport Metro Spring Long Course Open Meet 2023	Stockport	NW230479	1
200 Backstroke	3:01.37	2:59.50	234	04/12/21	City of Manchester Aquatics Arena Snowpen 2021	Manchester	NW211519	3
200 Individual Medley	2:39.91	2:37.40	362	30/09/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3
400 Individual Medley	5:37.16	5:31.90	372	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	NW231963	3

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50 Freestyle	27.28	28.00	403	02/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
100 Freestyle	1:01.64	1:03.00	384	22/06/24	Ramsbottom Summer Splash Meet 2024	Bury	NW240913	3
200 Freestyle	2:17.02	2:19.50	381	18/11/23	Blackpool Lights Meet 2023	Blackpool	NW231618	3
400 Freestyle	4:57.37	5:02.10	363	02/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
1500 Freestyle	19:54.01	20:11.20	356	24/11/23	Warriors of Warrington Percy Mason Memorial Meet	Warrington	NW231116	3
50 Breaststroke	36.98	37.80	307	18/11/23	Blackpool Lights Meet 2023	Blackpool	NW231618	3
100 Breaststroke	1:23.66	1:25.20	288	04/12/22	Stretford ASC Club Championships 2022	Stretford	NW222536	4
200 Breaststroke	3:01.18	3:04.10	291	01/07/23	Rotherham Metro A & B Grade SC Meet 2023	Sheffield	NE230499	3
50 Butterfly	29.36	30.00	406	27/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
100 Butterfly	1:05.28	1:06.40	392	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
200 Butterfly	2:23.34	2:25.50	414	22/06/24	Ramsbottom Summer Splash Meet 2024	Bury	NW240913	3
50 Backstroke	33.48	34.10	288	28/05/23	Blackpool Rocks Meet 2023	Blackpool	NW230130	3
100 Backstroke	1:14.14	1:15.20	277	07/01/23	Burnley Bobcats Last Chance County Qualifier Meet	Darwen	NW230024	3
200 Individual Medley	2:34.34	2:36.90	358	02/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
100 Individual Medley	1:15.09	1:15.10	282	24/09/22	The eXcel September Spectacular	Derby	EM221352	2