

# Individual Best Times (All Time)

John Deeks - (1409414) - Bishops Stortford SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.65	29.40	348	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
100 Freestyle	1:04.06	1:05.40	342	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
50 Breaststroke	41.42	42.20	218	09/12/23	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER231226	3
50 Butterfly	35.05	35.60	238	09/12/23	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER231226	3
50 Backstroke	37.24	37.80	209	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
200 Individual Medley	2:38.28	2:40.80	332	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3