

Individual Best Times (All Time)

Frank Jacob - (1428897) - City of Cambridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.23	25.40	506	31/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
100 Freestyle	57.24	55.80	548	10/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1
200 Freestyle	2:04.18	2:01.40	554	31/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
50 Breaststroke	38.56	37.70	304	08/05/22	SE East Region Long Course Championships 2022	Luton	ER220678	1
100 Breaststroke	1:21.74	1:20.20	336	07/05/22	SE East Region Long Course Championships 2022	Luton	ER220678	1
200 Breaststroke	3:00.02	2:57.10	338	08/05/22	SE East Region Long Course Championships 2022	Luton	ER220678	1
50 Butterfly	28.13	27.40	496	04/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
100 Butterfly	1:03.14	1:01.90	480	10/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1
50 Backstroke	34.28	33.70	324	12/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	ER220161	1
100 Backstroke	1:13.88	1:12.80	340	02/05/22	SE East Region Long Course Championships 2022	Norwich	ER220677	1
200 Backstroke	2:35.78	2:33.60	370	08/05/22	SE East Region Long Course Championships 2022	Luton	ER220678	1
200 Individual Medley	2:27.54	2:24.80	461	10/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.14	26.90	458	03/02/24	SE Cambridgeshire County Championships 2024	Cambridge	ER240229	2
100 Freestyle	56.54	58.00	498	23/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
200 Freestyle	2:01.43	2:04.20	548	24/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
400 Freestyle	4:38.91	4:43.90	440	03/12/22	City of Cambridge SC Club Championships 2022	Parkside Pool	ER222406	4
50 Breaststroke	36.15	37.00	328	21/01/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230046	2
100 Breaststroke	1:17.71	1:19.30	359	05/02/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230047	2
200 Breaststroke	2:50.53	2:53.60	349	08/10/23	Cambridge Grand Prix 2023	Cambridge	ER231733	2
50 Butterfly	28.05	28.70	466	23/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
100 Butterfly	1:06.94	1:08.10	363	22/01/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230046	2
50 Backstroke	32.35	33.00	319	19/06/22	Hatfield SC Summer Meet	Hatfield	ER220255	2
100 Backstroke	1:09.54	1:10.70	335	05/02/23	SE Cambridgeshire County Championships 2023	Cambridge	ER230047	2
200 Backstroke	2:30.31	2:32.50	347	19/03/22	City of Cambridge Level 3 Meet	Cambridge	ER220562	3
200 Individual Medley	2:22.87	2:25.60	451	24/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
100 Individual Medley	1:06.25	1:06.30	411	26/11/23	City of Cambridge Club Champs 2023	Cambridge	ER232444	4