

# Individual Best Times (All Time)

Jenson Rule - (1452509) - Dunmow Atlantis SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.12	33.70	225	14/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241055	4
100 Freestyle	1:14.75	1:15.90	215	02/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241053	4
200 Freestyle	2:49.38	2:51.40	201	23/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241056	4
800 Freestyle	12:31.81	12:39.50	205	07/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241054	4
50 Breaststroke	45.10	45.80	169	16/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
100 Breaststroke	1:41.41	1:42.60	161	16/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
200 Breaststroke	3:46.20	3:48.50	149	03/12/23	BBSC & DASC Christmas Cracker Meet 2023	Braintree	ER231878	3
50 Butterfly	43.59	44.00	124	09/03/23	Dunmow Atlantis SC Spring Time Trial 2023	Great Dunmow	ER230461	4
100 Butterfly	1:43.84	1:44.60	97	23/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241056	4
50 Backstroke	39.36	39.90	177	14/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241055	4
100 Backstroke	1:24.45	1:25.40	187	02/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241053	4
200 Individual Medley	3:13.67	3:15.70	181	23/06/24	Dunmow Atlantis 2024 Club Championships	Great Dunmow	ER241056	4
100 Individual Medley	1:38.50	1:38.50	125	24/04/22	Braintree & Bocking SC Spring Sprints	Essex	ER220510	3