

# Individual Best Times (All Time)

Tim Cox - (146074) - Halstead Swimming Club

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.98	28.70	374	15/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
100 Freestyle	1:03.80	1:05.10	347	05/10/13	Halstead SC Club Championships	Halstead	ER3649	4
200 Freestyle	2:26.60	2:29.00	311	21/09/12	Halstead ASC Club Championships	Halstead	ER2614	4
400 Freestyle	5:35.36	5:39.50	253	07/10/11	Halstead ASC Club Championships	Halstead	ER1494	4
50 Breaststroke	42.37	43.10	204	07/10/11	Halstead ASC Club Championships	Halstead	ER1494	4
100 Breaststroke	1:29.17	1:30.60	238	05/10/13	Halstead SC Club Championships	Halstead	ER3649	4
200 Breaststroke	3:22.76	3:25.40	208	21/09/12	Halstead ASC Club Championships	Halstead	ER2614	4
50 Butterfly	34.77	35.30	244	27/09/13	Halstead SC Club Championships	Halstead	ER3649	4
100 Butterfly	1:22.05	1:23.00	197	28/09/13	Halstead SC Club Championships	Halstead	ER3649	4
200 Butterfly	3:19.11	3:20.70	154	30/09/11	Halstead ASC Club Championships	Halstead	ER1494	4
50 Backstroke	34.10	34.70	272	12/01/14	Sudbury & District January Time Trials	Sudbury	ER4127	3
100 Backstroke	1:13.89	1:15.00	279	04/10/13	Halstead SC Club Championships	Halstead	ER3649	4
200 Backstroke	2:43.29	2:45.30	270	22/09/12	Halstead ASC Club Championships	Halstead	ER2614	4
200 Individual Medley	2:46.34	2:48.70	286	29/09/12	Halstead ASC Club Championships	Halstead	ER2614	4
100 Individual Medley	1:14.98	1:15.00	283	22/09/12	Halstead ASC Club Championships	Halstead	ER2614	4