

# Individual Best Times (All Time)

Emilijus Binkis - (1468619) - South Lincs Competitive SC

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet  | Venue     | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------|----------|-------|
| 50 Freestyle          | 35.42    | 36.00           | 184       | 19/05/24 | South Lincs CSC 38th Tulip Meet 2024            | Spalding  | EM240515 | 3     |
| 100 Freestyle         | 1:19.36  | 1:20.40         | 180       | 18/05/24 | South Lincs CSC 38th Tulip Meet 2024            | Spalding  | EM240515 | 3     |
| 200 Freestyle         | 2:54.58  | 2:56.60         | 184       | 19/05/24 | South Lincs CSC 38th Tulip Meet 2024            | Spalding  | EM240515 | 3     |
| 400 Freestyle         | 6:12.44  | 6:16.20         | 185       | 30/06/24 | South Lincs Club Champs 2024                    | Spalding  | EM241475 | 3     |
| 800 Freestyle         | 15:00.24 | 15:06.70        | 119       | 04/11/23 | South Lincs Long Distance Club Champs 2023      | Spalding  | EM232468 | 3     |
| 1500 Freestyle        | 29:57.22 | 30:08.70        | 104       | 05/11/23 | South Lincs Long Distance Club Champs 2023      | Spalding  | EM232468 | 3     |
| 50 Breaststroke       | 41.55    | 42.30           | 216       | 06/04/24 | Grantham SC Last Chance Regional Qualifier 2024 | Grantham  | EM240650 | 3     |
| 100 Breaststroke      | 1:36.29  | 1:37.60         | 189       | 30/06/24 | South Lincs Club Champs 2024                    | Spalding  | EM241475 | 3     |
| 200 Breaststroke      | 3:35.38  | 3:37.80         | 173       | 19/05/24 | South Lincs CSC 38th Tulip Meet 2024            | Spalding  | EM240515 | 3     |
| 50 Butterfly          | 44.57    | 45.00           | 116       | 18/05/24 | South Lincs CSC 38th Tulip Meet 2024            | Spalding  | EM240515 | 3     |
| 100 Butterfly         | 1:52.22  | 1:52.90         | 77        | 24/03/24 | City of Cambridge Spring Open 2024              | Cambridge | ER240218 | 3     |
| 50 Backstroke         | 44.48    | 44.90           | 122       | 06/04/24 | Grantham SC Last Chance Regional Qualifier 2024 | Grantham  | EM240650 | 3     |
| 100 Backstroke        | 1:45.27  | 1:46.00         | 96        | 03/03/24 | Bassetlaw SS's 1st Regional Qualifier 2024      | Worksop   | EM240173 | 3     |
| 200 Backstroke        | 3:22.15  | 3:23.80         | 142       | 30/06/24 | South Lincs Club Champs 2024                    | Spalding  | EM241475 | 3     |
| 200 Individual Medley | 3:31.35  | 3:33.20         | 139       | 02/03/24 | Bassetlaw SS's 1st Regional Qualifier 2024      | Worksop   | EM240173 | 3     |
| 400 Individual Medley | 7:39.20  | 7:43.00         | 133       | 03/03/24 | Bassetlaw SS's 1st Regional Qualifier 2024      | Worksop   | EM240173 | 3     |
| 100 Individual Medley | 1:37.38  | 1:37.40         | 129       | 18/05/24 | South Lincs CSC 38th Tulip Meet 2024            | Spalding  | EM240515 | 3     |