

Individual Best Times (All Time)

Michael Fraser - (1492065) - Hinckley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.02	36.40	180	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Freestyle	1:28.76	1:27.80	147	02/07/23	City of Coventry SC Graham Sykes Open Meet 2023	Coventry	WM230314	3
200 Freestyle	2:49.18	2:47.10	219	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
400 Freestyle	5:57.25	5:53.30	233	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
50 Breaststroke	51.57	51.00	127	02/07/23	City of Coventry SC Graham Sykes Open Meet 2023	Coventry	WM230314	3
100 Breaststroke	1:58.71	1:57.60	110	02/07/23	City of Coventry SC Graham Sykes Open Meet 2023	Coventry	WM230314	3
200 Breaststroke	4:09.49	4:07.40	127	01/07/23	City of Coventry SC Graham Sykes Open Meet 2023	Coventry	WM230314	3
50 Backstroke	39.79	39.30	207	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Backstroke	1:28.30	1:27.40	199	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.90	35.50	192	27/04/24	Leicester & District SL Winter League 2024 R3	Hinckley	EM241172	4
100 Freestyle	1:15.33	1:16.40	210	30/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
200 Freestyle	2:39.50	2:41.70	241	29/06/24	Leicester Sharks CSC Summer Splash 2024	Nuneaton	EM240659	3
400 Freestyle	6:34.56	6:38.10	155	01/10/23	Hinckley Swimming Club Championships 2023	Hinckley	EM231957	4
50 Breaststroke	47.52	48.20	144	19/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
100 Breaststroke	1:41.95	1:43.20	159	16/06/24	Hinckley SC Time Trial June 2024	Hinckley	EM240982	4
200 Breaststroke	3:32.76	3:35.20	180	19/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
50 Butterfly	44.32	44.70	118	28/04/24	Hinckley HSC Time Trial April 2024	Hinckley	EM240983	4
50 Backstroke	38.46	39.00	189	18/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
100 Backstroke	1:22.14	1:23.10	203	03/02/24	Leicestershire County Age Groups & Champs 2024	Hinckley LC	EM240051	2
200 Backstroke	3:07.61	3:09.40	178	18/05/24	Hinckley SC Open Meet 2024	Hinckley	EM240488	3
200 Individual Medley	3:26.09	3:28.00	150	28/10/23	Leicester Sharks CSC Trick or Treat Meet 2023	Nuneaton	EM230946	3
100 Individual Medley	1:36.03	1:36.00	135	01/10/23	Hinckley Swimming Club Championships 2023	Hinckley	EM231957	4