

# Individual Best Times (All Time)

Rafael Bernardo - (1515668) - SouthWest LondonFin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.43	29.70	324	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Freestyle	1:06.51	1:05.20	349	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Freestyle	2:27.86	2:25.50	328	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
400 Freestyle	5:27.82	5:23.50	302	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
50 Breaststroke	42.39	41.60	229	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Breaststroke	1:38.86	1:37.60	190	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
50 Butterfly	30.80	30.20	378	29/06/24	London Youth Games 2024 Open Competitive Swimming	London	LR241601	3
100 Butterfly	1:13.15	1:12.10	308	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
50 Backstroke	39.14	38.60	217	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford	LR230468	1
100 Backstroke	1:17.73	1:16.70	292	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Individual Medley	2:47.51	2:45.10	315	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.45	30.20	320	09/06/24	Barnet Cophall Summer Invitational Meet 2024	Hendon	LR240903	4
100 Freestyle	1:05.11	1:06.40	326	09/06/24	Barnet Cophall Summer Invitational Meet 2024	Hendon	LR240903	4
200 Freestyle	2:23.66	2:26.10	330	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
400 Freestyle	5:07.18	5:11.70	329	24/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
800 Freestyle	11:27.00	11:35.40	268	19/11/23	Barnet Cophall County Qualifier & Dev Meet 2 2023	Cophall Pools	LR232027	3
1500 Freestyle	22:22.03	22:37.40	251	19/11/23	Barnet Cophall County Qualifier & Dev Meet 2 2023	Cophall Pools	LR232027	3
50 Breaststroke	40.04	40.80	241	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
100 Breaststroke	1:29.45	1:30.90	236	19/05/24	Woking SC Octopus Meet 2024	Woking	SE240809	3
50 Butterfly	30.92	31.50	348	09/06/24	Barnet Cophall Summer Invitational Meet 2024	Hendon	LR240903	4
100 Butterfly	1:12.25	1:13.30	289	17/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
50 Backstroke	34.31	34.90	267	09/06/24	Barnet Cophall Summer Invitational Meet 2024	Hendon	LR240903	4
100 Backstroke	1:13.27	1:14.40	286	17/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
200 Backstroke	3:14.54	3:16.30	160	11/12/22	Woking SC December Dasher Meet 2022	Woking	SE222149	3
200 Individual Medley	2:42.59	2:45.00	306	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
100 Individual Medley	1:13.11	1:13.10	306	24/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3