

Individual Best Times (All Time)

Louis Himsworth - (1517037) - Enfield Swim Squad

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.19	30.90	297	17/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
100 Freestyle	1:07.82	1:09.00	289	16/04/23	Romford Town Easter Open Meet	Basildon	LR230148	3
200 Freestyle	2:34.62	2:36.90	265	13/05/23	Middlesex County Development Open Series 1 2023	Southbury Road LC	LR230271	3
400 Freestyle	5:31.32	5:35.50	262	13/05/23	Middlesex County Development Open Series 1 2023	Southbury Road LC	LR230271	3
800 Freestyle	11:26.20	11:34.60	269	14/05/23	Middlesex County Development Open Series 1 2023	Southbury Road LC	LR230271	3
50 Breaststroke	45.40	46.10	165	26/11/22	Enfield SS County Qualifier Open Meet 2022	Enfield	LR221493	3
200 Breaststroke	3:30.10	3:32.60	187	06/03/22	ESS Level 3 Open Meet	Enfield	LR220216	3
50 Butterfly	32.85	33.40	290	16/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
100 Butterfly	1:22.14	1:23.10	196	17/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
50 Backstroke	37.56	38.10	203	14/05/23	Middlesex County Development Open Series 1 2023	Southbury Road LC	LR230271	3
100 Backstroke	1:22.88	1:23.80	198	15/04/23	Romford Town Easter Open Meet	Basildon	LR230148	3
200 Backstroke	3:09.96	3:11.70	171	27/11/22	Enfield SS County Qualifier Open Meet 2022	Enfield	LR221493	3
200 Individual Medley	2:49.38	2:51.70	271	30/09/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3
400 Individual Medley	6:36.19	6:40.60	208	08/05/22	MCASA Middlesex May Open	Southbury Road	LR220805	3
100 Individual Medley	1:20.80	1:20.80	226	13/05/23	Middlesex County Development Open Series 1 2023	Southbury Road LC	LR230271	3