

Individual Best Times (All Time)

William Cooper - (1524505) - Dereham & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	52.61	52.00	120	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
100 Breaststroke	1:56.49	1:55.40	116	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
200 Breaststroke	4:10.16	4:08.00	126	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
50 Backstroke	47.34	46.90	123	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
100 Backstroke	1:40.49	1:39.70	135	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.81	35.40	194	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Freestyle	1:16.97	1:18.10	197	07/04/24	Dereham & District ASC Easter Mini Meet 2024	Dereham	ER240594	4
50 Breaststroke	48.01	48.70	140	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
100 Breaststroke	1:45.68	1:46.90	143	07/04/24	Dereham & District ASC Easter Mini Meet 2024	Dereham	ER240594	4
200 Breaststroke	3:49.07	3:51.40	144	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
50 Backstroke	41.36	41.80	152	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
100 Backstroke	1:28.31	1:29.20	163	24/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
200 Backstroke	3:17.10	3:18.80	153	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3