

Individual Best Times (All Time)

Thomas Henderson - (1526624) - Maidstone SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.53	41.00	123	18/11/23	Maidstone Level 3 Winter Qualifier 2023	Maidstone	SE230793	3
100 Freestyle	1:28.15	1:29.10	131	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3
200 Freestyle	3:37.78	3:39.40	94	10/09/23	Maidstone SC Club Championships 2023	Maidstone	SE230703	4
50 Breaststroke	53.44	54.00	101	02/02/24	Maidstone SC Time Trials Series 2024	Maidstone	SE240313	4
100 Breaststroke	1:58.67	1:59.70	101	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3
200 Breaststroke	4:16.46	4:18.50	102	18/11/23	Maidstone Level 3 Winter Qualifier 2023	Maidstone	SE230793	3
50 Butterfly	50.22	50.60	81	02/03/24	Medway ASA Championships 2024	Maidstone	SE240444	3
50 Backstroke	46.38	46.80	108	30/06/24	Maidstone SC L3 Summer Development Meet 2024	Maidstone	SE240527	3
100 Backstroke	1:53.48	1:54.20	77	22/09/23	Maidstone Club Championships 2023	Maidstone	SE231516	4
100 Individual Medley	1:44.46	1:44.50	104	18/05/24	Sevenoaks SC Sprint into Spring 2024	Sevenoaks	SE240764	4