

# Individual Best Times (All Time)

Jenson Lowe - (1527062) - Poole SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.97	36.40	180	17/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
100 Freestyle	1:31.72	1:30.80	133	17/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3
50 Breaststroke	54.54	54.00	107	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
200 Breaststroke	4:22.75	4:20.70	108	17/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3
50 Butterfly	44.86	44.40	122	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
100 Butterfly	1:48.68	1:48.00	94	23/07/23	Winchester City Penguins Summer Scorcher 2023	Winchester	SE231199	3
50 Backstroke	42.94	42.50	164	17/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
100 Backstroke	1:34.50	1:33.60	162	17/12/22	Winchester Winter Sparkler Meet 2022	Winchester	SE222312	3
200 Backstroke	3:07.56	3:05.80	212	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
200 Individual Medley	3:19.50	3:17.50	186	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
400 Individual Medley	6:52.43	6:48.10	203	17/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.82	34.40	211	12/05/24	Dorset Graded Meet 2024	Dorchester	SW240776	4
100 Freestyle	1:13.96	1:15.10	222	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
200 Freestyle	2:41.88	2:44.00	231	22/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
400 Freestyle	5:36.32	5:40.50	251	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
800 Freestyle	12:19.91	12:27.70	215	15/10/23	Poole SC Club Champs 800m & 1500m 2023	Dolphin LC	SW232103	4
50 Breaststroke	50.22	50.80	122	19/11/23	Swim Bournemouth Winter Meet 2023	Littledown	SW231876	2
100 Breaststroke	1:57.37	1:58.40	104	22/10/22	Poole SC Season Starter	Dorchester	SW221594	3
200 Breaststroke	3:56.67	3:58.90	130	02/12/23	West Dorset Yuletide Opener 2023	Dorchester	SW232235	3
50 Butterfly	38.47	39.00	180	17/03/24	Swim Bournemouth Regional Prep' L2 Open Meet	Bournemouth	SW240250	2
100 Butterfly	1:32.10	1:32.90	139	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
200 Butterfly	3:41.85	3:43.30	111	02/03/24	Poole SC Regional Qualifier 2024 Level 3	Dorchester	SW240265	3
50 Backstroke	39.21	39.70	179	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
100 Backstroke	1:23.40	1:24.40	194	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
200 Backstroke	2:54.92	2:56.80	220	03/03/24	Poole SC Regional Qualifier 2024 Level 3	Dorchester	SW240265	3
200 Individual Medley	3:07.50	3:09.60	199	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
400 Individual Medley	6:31.28	6:35.80	216	22/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
100 Individual Medley	1:27.05	1:27.10	181	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3