

Individual Best Times (All Time)

Rafael De Belligny - (1579905) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.14	38.60	152	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
50 Backstroke	48.56	48.10	114	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.98	39.50	138	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Freestyle	1:42.60	1:43.40	83	05/03/22	Teamipswich SC The Mighty March Meet 2022	Ipswich	ER220250	3
200 Freestyle	3:43.04	3:44.60	88	21/05/22	Basildon & Phoenix Spring SC Open Meet 2022	Basildon	ER220571	3
400 Freestyle	6:52.19	6:55.60	136	20/05/23	Basildon & Phoenix Spring SC Meet 2023	Basildon	ER230820	3
800 Freestyle	13:56.06	14:03.00	149	25/11/23	Basildon & Phoenix 800m County/Regional Qualifier	Basildon	ER232297	3
50 Breaststroke	56.52	57.10	86	20/11/22	Putteridge Winter SC Open & County Qualification	Luton	ER220681	3
50 Butterfly	52.96	53.30	69	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Backstroke	44.67	45.10	121	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Backstroke	1:35.38	1:36.20	130	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	3:26.83	3:28.40	133	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Individual Medley	1:41.48	1:41.50	114	24/09/23	Basildon & Phoenix Autumn Season Opener 2023	Basildon	ER231881	3