

Individual Best Times (All Time)

Henry O'connell - (1590703) - Barnstable SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.53	34.10	217	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
100 Freestyle	1:17.96	1:19.00	190	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Freestyle	2:47.07	2:49.10	210	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
400 Freestyle	6:22.40	6:26.10	170	18/03/23	Two Counties Spring Open Meet 2023	Plymouth	SW230090	3
50 Breaststroke	45.40	46.10	165	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
50 Butterfly	38.85	39.30	175	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
50 Backstroke	36.79	37.30	217	09/06/24	Devon Sprint Competition 2024	Plymouth	SW240824	3
100 Backstroke	1:25.18	1:26.10	182	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Backstroke	3:04.69	3:06.50	187	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
200 Individual Medley	3:41.09	3:42.90	121	01/07/23	Barnstable SC Club Championships 2023 Day 1	Barnstable	SW231266	4
100 Individual Medley	1:28.02	1:28.00	175	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3