

# Individual Best Times (All Time)

Owen Hemmings-Kneller - (1592587) - Wellingborough SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.83	34.20	216	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Freestyle	1:20.95	1:19.90	193	29/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230153	1
50 Breaststroke	50.11	49.50	138	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Breaststroke	1:46.98	1:45.80	150	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
50 Backstroke	38.80	38.30	223	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
100 Backstroke	1:26.63	1:25.70	211	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Individual Medley	3:24.55	3:22.60	173	11/02/23	Northamptonshire ASA County Championships 2023	Corby	EM230155	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.10	35.70	189	01/07/23	Wellingborough SC Sprint Club Championships 2023	Wellingborough	EM231494	4
100 Freestyle	1:25.62	1:26.60	143	02/10/22	Corby Amateur October SC Open Meet 2022	Corby	EM221064	3
200 Freestyle	3:08.29	3:10.10	146	01/10/22	Corby Amateur October SC Open Meet 2022	Corby	EM221064	3
50 Breaststroke	49.46	50.10	128	01/07/23	Wellingborough SC Sprint Club Championships 2023	Wellingborough	EM231494	4
100 Breaststroke	1:48.97	1:50.10	130	26/11/22	Wellingborough ASC Annual Club Championships 2022	Wellingborough	EM222466	4
50 Butterfly	47.25	47.70	97	02/10/22	Corby Amateur October SC Open Meet 2022	Corby	EM221064	3
50 Backstroke	40.66	41.20	160	01/07/23	Wellingborough SC Sprint Club Championships 2023	Wellingborough	EM231494	4
100 Backstroke	1:33.09	1:34.00	139	19/11/22	Wellingborough ASC Annual Club Championships 2022	Wellingborough	EM222465	4
200 Backstroke	3:12.62	3:14.30	164	26/11/22	Wellingborough ASC Annual Club Championships 2022	Wellingborough	EM222466	4
200 Individual Medley	3:26.70	3:28.60	149	26/11/22	Wellingborough ASC Annual Club Championships 2022	Wellingborough	EM222466	4
100 Individual Medley	1:33.24	1:33.20	147	01/07/23	Wellingborough SC Sprint Club Championships 2023	Wellingborough	EM231494	4