

Individual Best Times (All Time)

Clement Chow - (1595676) - Basingstoke Bluefins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.60	27.90	390	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Freestyle	1:05.41	1:04.10	367	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
200 Freestyle	2:23.65	2:21.20	358	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
400 Freestyle	5:13.93	5:09.40	344	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
50 Breaststroke	40.67	39.90	259	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
100 Breaststroke	1:37.28	1:36.00	199	03/12/23	Portsmouth NSC Christmas LC Last Chance Qualifier	Mountbatten Centre	SE232219	3
200 Breaststroke	3:32.21	3:29.70	206	03/12/23	Portsmouth NSC Christmas LC Last Chance Qualifier	Mountbatten Centre	SE232219	3
50 Butterfly	32.23	31.60	329	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
100 Butterfly	1:15.50	1:14.50	280	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
50 Backstroke	33.66	33.10	342	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Backstroke	1:12.20	1:11.10	365	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
200 Backstroke	2:39.12	2:37.00	347	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
200 Individual Medley	2:49.28	2:46.90	305	03/02/24	Hampshire County Swimming Championships 2024	Winchester	SE240344	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.43	29.20	356	26/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
100 Freestyle	1:03.31	1:04.60	355	26/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
200 Freestyle	2:19.30	2:21.80	363	25/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
400 Freestyle	4:59.91	5:04.60	354	11/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
800 Freestyle	13:11.34	13:18.60	175	26/06/22	Newbury District SC Club Champs 2022	Northcroft Leisure	SE221229	4
50 Breaststroke	40.50	41.30	233	25/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
100 Breaststroke	1:31.54	1:32.90	220	26/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
200 Breaststroke	3:17.56	3:20.20	225	26/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
50 Butterfly	31.41	32.00	332	26/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
100 Butterfly	1:15.22	1:16.20	256	25/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
200 Butterfly	2:52.96	2:54.80	235	25/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
50 Backstroke	31.60	32.20	342	25/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
100 Backstroke	1:13.09	1:14.20	289	10/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3
200 Backstroke	2:34.19	2:36.30	321	26/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
200 Individual Medley	2:42.33	2:44.70	308	25/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
400 Individual Medley	5:51.59	5:56.60	297	26/05/24	Basingstoke Bluefins Summer Sizzler 2024	Basingstoke	SE240891	3
100 Individual Medley	1:16.60	1:16.60	266	11/02/24	Fareham Nomads Valentines Meet 2024	Waterlooville	SE240017	3