

Individual Best Times (All Time)

Favour Umoh - (1595957) - City of Bristol SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.62	29.90	458	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Freestyle	1:08.67	1:07.40	426	16/07/23	City Of Bristol Summer Festival 2023	Hengrove Park	SW230895	3
200 Freestyle	2:28.85	2:26.50	435	16/06/24	City of Wells Open Meet 2024	Millfield	SW240551	3
400 Freestyle	5:30.39	5:26.10	361	16/07/23	City Of Bristol Summer Festival 2023	Hengrove Park	SW230895	3
50 Breaststroke	38.96	38.10	419	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
100 Breaststroke	1:27.20	1:25.70	397	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Breaststroke	3:05.68	3:02.80	406	16/06/24	City of Wells Open Meet 2024	Millfield	SW240551	3
50 Butterfly	31.37	30.80	472	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
100 Butterfly	1:11.86	1:10.80	460	21/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
200 Butterfly	2:47.53	2:45.60	384	15/06/24	City of Wells Open Meet 2024	Millfield	SW240551	3
50 Backstroke	35.00	34.40	451	20/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
100 Backstroke	1:17.58	1:16.50	403	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
200 Backstroke	2:48.97	2:47.00	387	16/06/24	City of Wells Open Meet 2024	Millfield	SW240551	3
200 Individual Medley	2:43.88	2:41.50	455	06/04/24	City of Bristol L1 International Open Meet 2024	Bristol	SW240226	1
400 Individual Medley	6:00.91	5:56.00	399	15/07/23	City Of Bristol Summer Festival 2023	Hengrove Park	SW230895	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.79	30.50	456	29/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
100 Freestyle	1:07.99	1:09.20	403	17/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
200 Freestyle	2:26.84	2:29.20	423	03/06/23	Ange Marling Memorial Level 3 Meet 2023	Hutton Moor LC	SW230348	3
50 Breaststroke	39.19	40.00	379	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Breaststroke	1:25.52	1:27.00	387	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
50 Butterfly	30.99	31.60	486	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
100 Butterfly	1:12.60	1:13.60	412	16/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
200 Butterfly	2:48.87	2:50.70	355	17/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
50 Backstroke	33.91	34.50	412	16/03/24	Gloucester City SC Spring L3 Open Meet	Gloucester	SW240365	3
100 Backstroke	1:13.88	1:15.00	410	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
200 Backstroke	2:54.17	2:56.10	318	04/06/23	Ange Marling Memorial Level 3 Meet 2023	Hutton Moor LC	SW230348	3
200 Individual Medley	2:41.92	2:44.30	426	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
400 Individual Medley	5:50.15	5:55.10	404	17/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3
100 Individual Medley	1:14.79	1:14.80	431	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park	SW231965	3