

# Individual Best Times (All Time)

Evan Rowlands - (1618623) - Southern I-O-M SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.56	41.10	122	25/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232560	3
100 Freestyle	1:39.79	1:40.60	90	26/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232560	3
50 Breaststroke	57.62	58.20	81	13/01/24	IoM Utmost Int'l League Match Winter Series 2023-4	Douglas, IoM	NW240104	3
50 Butterfly	50.76	51.10	78	23/03/24	Utmost Spring Open Meet 2024	Douglas, Isle of Man	NW240839	3
50 Backstroke	50.20	50.60	85	26/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232560	3
100 Individual Medley	1:48.69	1:48.70	93	18/11/23	Utmost IOM Swimming Championships 2023	Douglas, Isle of Man	NW232559	3