

Individual Best Times (All Time)

Alexander Howard - (1624195) - Berkhamsted SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:14.10	1:13.00	252	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Breaststroke	47.35	46.70	164	19/02/23	Wycombe Dual Award L3 LC Meet 2023	High Wycombe	SE230268	3
100 Breaststroke	1:47.45	1:46.30	148	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Backstroke	41.56	41.10	181	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
200 Backstroke	3:18.08	3:16.40	180	19/02/23	Wycombe Dual Award L3 LC Meet 2023	High Wycombe	SE230268	3
200 Individual Medley	3:26.58	3:24.70	168	19/02/23	Wycombe Dual Award L3 LC Meet 2023	High Wycombe	SE230268	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.99	30.70	303	10/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
100 Freestyle	1:06.07	1:07.30	312	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
200 Freestyle	2:33.98	2:36.20	268	10/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
400 Freestyle	5:32.58	5:36.80	259	03/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
50 Breaststroke	41.28	42.00	220	02/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
100 Breaststroke	1:34.96	1:36.30	197	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
50 Butterfly	34.11	34.70	259	18/11/23	Watford SC County Qualifier 2023	Watford	ER231284	3
100 Butterfly	1:23.72	1:24.60	185	02/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
50 Backstroke	37.87	38.40	199	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
100 Backstroke	1:21.00	1:22.00	212	03/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
200 Backstroke	2:50.25	2:52.20	238	16/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
200 Individual Medley	2:57.75	3:00.00	234	10/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
100 Individual Medley	1:18.31	1:18.30	249	16/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3