

Individual Best Times (All Time)

John Zhou - (1631621) - Southwark Aquatics SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:17.95	1:16.90	217	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
50 Breaststroke	45.67	45.00	183	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
100 Butterfly	1:29.74	1:28.90	167	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3
200 Individual Medley	3:03.19	3:01.00	240	22/10/23	Borough of Waltham Forest Gators Level 3 Gala 2023	London	LR231412	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.89	33.50	230	07/01/24	Saxon Crown & Greenwich Royals Winter Warmer 2024	Lewisham	LR240199	3
100 Freestyle	1:12.97	1:14.10	232	23/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
200 Freestyle	2:48.25	2:50.30	206	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
400 Freestyle	5:53.70	5:57.70	216	25/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231352	4
800 Freestyle	11:58.62	12:06.60	234	18/09/23	Saxon Crown Club Championships 2023	Lewisham	LR231351	4
1500 Freestyle	23:16.21	23:31.00	223	19/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231349	4
50 Breaststroke	43.30	44.00	191	06/01/24	Saxon Crown & Greenwich Royals Winter Warmer 2024	Lewisham	LR240199	3
100 Breaststroke	1:33.08	1:34.40	209	24/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3
200 Breaststroke	3:31.34	3:33.80	183	15/10/23	Saxon Crown Club Championships 2023	Lewisham	LR231354	4
50 Butterfly	35.92	36.40	222	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
100 Butterfly	1:23.31	1:24.20	188	07/01/24	Saxon Crown & Greenwich Royals Winter Warmer 2024	Lewisham	LR240199	3
50 Backstroke	38.18	38.70	194	20/04/24	The White Horse League 2024	Bexleyheath	LR240581	3
100 Backstroke	1:25.37	1:26.30	181	10/06/23	The White Horse League 2023	Crook Log LC	LR230677	3
200 Backstroke	3:02.89	3:04.70	192	07/10/23	Saxon Crown (Lewisham) SC Autumn Showdown 2023	Lewisham	LR231218	3
200 Individual Medley	3:07.87	3:10.00	198	06/01/24	Saxon Crown & Greenwich Royals Winter Warmer 2024	Lewisham	LR240199	3
400 Individual Medley	6:52.64	6:56.90	184	26/06/23	Saxon Crown Club Championships 2023	Lewisham	LR231350	4
100 Individual Medley	1:23.63	1:23.60	204	24/03/24	Saxon Crown Spring Challenge Meet 2024	Lewisham	LR240214	3