

# Individual Best Times (All Time)

Leo Howells - (1656357) - Crawley SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.72	34.10	218	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
100 Freestyle	1:19.00	1:17.90	208	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Butterfly	38.63	38.10	191	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
50 Backstroke	40.98	40.50	189	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
100 Backstroke	1:31.87	1:31.00	177	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Backstroke	3:22.07	3:20.40	169	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.67	36.30	180	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
100 Freestyle	1:19.14	1:20.20	181	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
200 Freestyle	2:55.41	2:57.40	181	07/06/24	Crawley Club Championships L4 2024	Crawley	SE241082	4
50 Breaststroke	59.66	1:00.20	73	30/06/23	Crawley Club Championships L4 2023	Crawley	SE231269	4
100 Breaststroke	1:51.03	1:52.20	123	28/06/24	Crawley Club Championships L4 2024	Crawley	SE241084	4
50 Butterfly	39.27	39.80	169	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
50 Backstroke	40.61	41.10	161	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
100 Backstroke	1:30.06	1:31.00	154	07/06/24	Crawley Club Championships L4 2024	Crawley	SE241082	4
200 Backstroke	3:47.17	3:48.60	100	08/09/23	Crawley Club Championships L4 2023	Crawley	SE231271	4
200 Individual Medley	4:04.95	4:06.60	89	15/09/23	Crawley Club Championships L4 2023	Crawley	SE231272	4
100 Individual Medley	1:31.19	1:31.20	157	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3