

Individual Best Times (All Time)

Nok Hin Matthew Lau - (1668883) - Boldmere Swimming and Water Polo

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.99	26.20	465	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
50 Breaststroke	32.33	31.30	517	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
100 Breaststroke	1:14.92	1:13.20	437	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.13	26.90	459	16/03/24	City of Coventry John Hughes Open Meet 2023	Coventry	WM240007	3
100 Freestyle	1:01.65	1:03.00	384	26/11/23	The 16th Boldmere Open 2023	Birmingham	WM232244	3
50 Breaststroke	31.73	32.70	486	16/03/24	City of Coventry John Hughes Open Meet 2023	Coventry	WM240007	3
100 Breaststroke	1:10.67	1:12.40	478	16/03/24	City of Coventry John Hughes Open Meet 2023	Coventry	WM240007	3
50 Butterfly	31.49	32.10	329	25/11/23	The 16th Boldmere Open 2023	Birmingham	WM232244	3