

Individual Best Times (All Time)

Shung Hong Mok - (1694240) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.50	29.80	322	24/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1
50 Breaststroke	40.47	39.70	263	23/03/24	Guildford City L1 Spring Open Meet 2024	Guildford	SE240177	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.83	30.50	308	26/11/23	Guildford City L3 County Qualifier 2023	Guildford	SE231819	3
100 Freestyle	1:08.55	1:09.80	279	11/05/24	Windsor Spring Open Meet 2024	Maidenhead	SE240577	3
200 Freestyle	2:49.89	2:51.90	200	26/11/23	Guildford City L3 County Qualifier 2023	Guildford	SE231819	3
50 Breaststroke	40.95	41.70	226	12/05/24	Windsor Spring Open Meet 2024	Maidenhead	SE240577	3
50 Butterfly	46.47	46.90	102	26/11/23	Guildford City L3 County Qualifier 2023	Guildford	SE231819	3
50 Backstroke	43.13	43.60	134	07/04/24	Guildford City L3 Junior Olympics 2024	Guildford	SE240178	3
200 Individual Medley	3:16.50	3:18.50	173	26/11/23	Guildford City L3 County Qualifier 2023	Guildford	SE231819	3