

Individual Best Times (All Time)

Ian Mak - (1694283) - Altrincham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.79	37.20	169	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Breaststroke	49.17	48.50	146	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
100 Breaststroke	1:49.90	1:48.70	138	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
200 Breaststroke	3:56.10	3:53.80	150	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Butterfly	46.33	45.90	111	17/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3
50 Backstroke	45.53	45.10	138	16/03/24	Richmond Dales ASC April Fool Gala 2024	Leeds	NE240123	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.77	38.30	152	30/06/24	Altrincham SC Sprint Championships 2024	Altrincham	NW241383	4
100 Freestyle	1:22.64	1:23.70	159	09/06/24	Altrincham SC Pointscore 2 2024	Altrincham	NW240968	4
200 Freestyle	3:46.28	3:47.80	84	12/06/23	Altrincham SC Distance Championships 2023	St Ambrose College	NW231432	4
400 Freestyle	7:51.78	7:54.80	91	12/06/23	Altrincham SC Distance Championships 2023	St Ambrose College	NW231428	4
50 Breaststroke	46.61	47.30	153	09/06/24	Altrincham SC Pointscore 2 2024	Altrincham	NW240968	4
100 Breaststroke	1:47.13	1:48.30	137	30/06/24	Altrincham SC Sprint Championships 2024	Altrincham	NW241383	4
50 Butterfly	44.30	44.70	118	23/06/24	Altrincham SC Sprint Championships 2024	Altrincham	NW241382	4
100 Butterfly	1:40.75	1:41.50	106	09/06/24	Altrincham SC Pointscore 2 2024	Altrincham	NW240968	4
50 Backstroke	42.74	43.20	138	23/06/24	Altrincham SC Sprint Championships 2024	Altrincham	NW241382	4
100 Backstroke	1:38.30	1:39.10	118	23/06/24	Altrincham SC Sprint Championships 2024	Altrincham	NW241382	4
200 Backstroke	3:57.77	3:59.20	87	12/06/23	Altrincham SC Distance Championships 2023	St Ambrose College	NW231431	4
100 Individual Medley	1:34.26	1:34.30	142	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3