

# Individual Best Times (All Time)

Finlay Goodman - (190723) - Wellingborough SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.55	26.80	437	12/02/17	NASA 2017 County Championships	Corby	EM170550	1
100 Freestyle	1:00.37	59.00	467	23/01/16	Northamptonshire County Championships	Corby	EM160443	1
200 Freestyle	2:12.26	2:09.60	458	06/02/16	Northamptonshire County Championships	Corby	EM160444	1
400 Freestyle	4:45.04	4:40.10	460	23/01/16	Northamptonshire County Championships	Corby	EM160443	1
1500 Freestyle	19:21.26	19:03.30	421	13/02/16	Northamptonshire County Championships	Corby	EM160445	1
50 Breaststroke	33.07	32.10	483	02/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
100 Breaststroke	1:13.55	1:11.80	462	06/02/16	Northamptonshire County Championships	Corby	EM160444	1
200 Breaststroke	2:43.13	2:39.90	455	06/02/16	Northamptonshire County Championships	Corby	EM160444	1
50 Butterfly	32.53	31.90	320	07/02/15	Northamptonshire ASA 2015 County Championships	Corby	CC150458	1
100 Butterfly	1:21.73	1:20.80	221	15/02/14	2014 NASA County Championships	Corby	CC4102	1
50 Backstroke	40.74	40.20	193	14/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
200 Individual Medley	2:27.87	2:25.20	458	23/01/16	Northamptonshire County Championships	Corby	EM160443	1
400 Individual Medley	5:22.15	5:16.70	426	07/02/16	Northamptonshire County Championships	Corby	EM160444	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.91	27.70	420	26/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	SE160696	3
100 Freestyle	57.60	59.00	471	26/11/16	Wellingborough Club Championships	Wellingborough	EM162356	4
200 Freestyle	2:05.37	2:08.10	497	02/04/16	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM160380	3
400 Freestyle	4:35.84	4:40.90	455	25/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
50 Breaststroke	32.59	33.50	448	02/04/16	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM160380	3
100 Breaststroke	1:11.92	1:13.60	454	02/04/16	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM160380	3
200 Breaststroke	2:39.29	2:42.60	429	02/04/16	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM160380	3
50 Butterfly	29.81	30.40	388	02/04/16	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM160380	3
100 Butterfly	1:08.40	1:09.50	340	19/11/16	Wellingborough Club Championships	Wellingborough	EM162355	4
50 Backstroke	32.19	32.80	324	09/07/16	Wellingborough ASC Short Distance Championships	Wellingborough	EM161369	3
200 Individual Medley	2:23.37	2:26.10	447	02/04/16	Nuneaton & Bedworth Delia Reynolds Open Meet	Nuneaton	WM160380	3
400 Individual Medley	5:10.27	5:15.90	433	25/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	SE160696	3
100 Individual Medley	1:05.12	1:05.10	433	18/06/16	Northamptonshire ASA 2016 Age Group Gala	Corby	EM161434	4