

# Individual Best Times (All Time)

Nathan Birchenall - (197629) - Braunstone SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.09	25.30	514	12/01/13	City of Derby 12th Long Course Open Meet	Sheffield	EM3034	1
100 Freestyle	56.66	55.20	565	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	EM2315	1
200 Freestyle	2:05.46	2:02.70	537	27/01/13	ASA Central Region Zonal Competition	Corby	ZM3165	1
400 Freestyle	4:28.38	4:23.10	551	14/01/12	City of Derby 11th Long Course Open Meet	Sheffield	EM2018	1
800 Freestyle	9:37.95	9:27.90	478	08/05/10	Radford Annual Open Meet	Sheffield	EM0119	1
1500 Freestyle	18:39.91	18:21.30	470	06/02/11	Midlands Swimming Long Distance Time Trial	Coventry	WM1170	1
200 Breaststroke	2:43.92	2:40.70	448	25/02/12	Leicestershire County Championships	Loughborough	CC2062	1
50 Butterfly	29.20	28.50	443	15/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
100 Butterfly	1:06.35	1:05.20	413	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	EM2315	1
200 Butterfly	4:00.49	3:59.20	96	24/02/08	Leicestershire Champs	Loughborough	CC8049	2
100 Backstroke	1:10.02	1:08.90	400	10/03/12	Leicestershire County Championships	Loughborough	CC2064	1
200 Backstroke	2:30.76	2:28.50	409	13/02/11	Wycombe District Annual Long Course Meet	High Wycombe	SE1028	1
200 Individual Medley	2:26.53	2:23.80	470	14/01/12	City of Derby 11th Long Course Open Meet	Sheffield	EM2018	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.34	26.10	503	16/03/13	Leicestershire County Championships	Braunstone	CC3060	2
100 Freestyle	55.07	56.60	539	01/12/12	Midland Winter Championships 2012	Corby	WMR226	2
200 Freestyle	2:01.80	2:04.60	543	14/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	EM2080	2
400 Freestyle	4:23.02	4:28.30	525	24/11/12	City of Leicester Distance Meet	Leicester	EM2526	2
800 Freestyle	9:16.05	9:26.30	507	25/03/11	Leicestershire County Championships	Braunstone	CC1066	2
1500 Freestyle	18:03.10	18:22.00	478	03/12/10	Leicester Distance Meet	Braunstone	EM0411	2
50 Breaststroke	35.06	35.90	360	03/03/12	Leicestershire County Championships	Braunstone	CC2063	2
200 Breaststroke	2:36.59	2:39.90	451	25/11/12	City of Leicester Distance Meet	Leicester	EM2526	2
50 Butterfly	28.27	28.90	455	17/03/13	Leicestershire County Championships	Braunstone	CC3060	2
100 Butterfly	1:04.32	1:05.50	409	15/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	EM2080	2
50 Backstroke	31.38	32.00	349	03/03/12	Leicestershire County Championships	Braunstone	CC2063	2
100 Backstroke	1:09.41	1:10.60	337	16/04/11	City of Leicester Age Group Meet	Braunstone	EM1050	2
200 Backstroke	2:24.01	2:26.30	394	26/11/11	City of Leicester Distance Meet	Braunstone	EM1321	2
200 Individual Medley	2:18.01	2:20.80	501	25/11/12	City of Leicester Distance Meet	Leicester	EM2526	2
100 Individual Medley	1:04.67	1:04.70	442	04/12/11	British Gas Midlands Winter Championships	Corby	WMR128	2