

Individual Best Times (All Time)

Michael Coles - (25905) - Loughton Masters Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.56	26.80	436	23/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
100 Freestyle	1:00.87	59.50	456	07/10/06	Crawley Early Bird	Crawley	SE6188	1
200 Freestyle	2:15.18	2:12.60	429	07/10/06	Crawley Early Bird	Crawley	SE6188	1
50 Butterfly	31.02	30.40	370	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2
50 Backstroke	32.90	32.30	366	23/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
100 Backstroke	1:11.76	1:10.60	371	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2
200 Individual Medley	2:34.98	2:32.40	398	06/04/07	Leatherhead Easter Open	Crystal Palace	SE7014	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.83	27.60	424	13/11/10	British University Champs	Sheffield	BUC002	2
100 Freestyle	58.32	59.70	454	15/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
200 Freestyle	2:09.55	2:12.20	451	27/01/07	Windsor Open Meet	Maidenhead	SE7003	2
400 Freestyle	4:45.20	4:50.10	412	28/05/06	Waltham Forest Development	Waltham Forest	LR6117	1
1500 Freestyle	20:31.42	20:48.10	325	24/05/12	EFDSC Club Championships	Loughton	ER2404	4
50 Breaststroke	38.68	39.50	268	11/11/07	Epping Forest Nov Gala	Loughton	ER7354	4
100 Breaststroke	1:23.71	1:25.20	287	29/06/08	Epping Forest Summer 100's	Essex	ER8345	3
50 Butterfly	30.04	30.70	379	20/01/07	Essex County Champs	Grays	CC7001	2
100 Butterfly	1:09.82	1:10.90	320	29/06/08	Epping Forest Summer 100's	Essex	ER8345	3
50 Backstroke	32.44	33.10	316	14/11/09	BUCS Championship (25m)	Sheffield	BUC001	2
100 Backstroke	1:08.08	1:09.20	357	29/06/08	Epping Forest Summer 100's	Essex	ER8345	3
200 Backstroke	2:31.97	2:34.10	335	05/03/06	Essex County Champs	Fullwell Cross	CC6003	2
200 Individual Medley	2:30.15	2:32.80	389	11/11/07	Epping Forest Nov Gala	Loughton	ER7354	4
100 Individual Medley	1:08.95	1:09.00	365	19/10/08	Epping Forest Club Champs	Loughton	ER8241	4