

Individual Best Times (All Time)

Christopher Murphy - (260181) - Flitwick Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.81	25.00	531	28/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Freestyle	56.84	55.40	560	04/02/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
200 Freestyle	2:10.21	2:07.50	480	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
400 Freestyle	4:31.02	4:25.80	535	15/04/12	Radford SC 30th Open Meet	Sheffield	EM2132	1
800 Freestyle	9:46.21	9:36.30	458	05/06/10	BG East Region Bagcats	Norwich	ERX012	1
1500 Freestyle	18:11.86	17:52.80	507	24/04/11	Radford Easter Open Meet	Sheffield	EM1235	1
50 Breaststroke	35.11	34.20	403	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Breaststroke	1:19.03	1:17.40	372	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Breaststroke	3:09.84	3:07.00	288	11/07/10	Northampton Summer Meet	Corby	EM0635	4
50 Butterfly	26.95	26.20	564	27/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180275	1
100 Butterfly	59.95	58.70	561	01/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Butterfly	2:20.05	2:17.80	489	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Backstroke	30.75	30.10	449	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
100 Backstroke	1:07.26	1:06.10	451	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Backstroke	2:43.24	2:41.20	322	05/06/10	BG East Region Bagcats	Norwich	ERX012	1
200 Individual Medley	2:28.99	2:26.30	447	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
400 Individual Medley	5:34.67	5:29.40	380	05/06/10	BG East Region Bagcats	Norwich	ERX012	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.03	25.80	522	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Freestyle	55.06	56.60	540	11/03/18	Central Beds Swim Squad L2 Open Meet 2018	Biggleswade	ER180359	2
200 Freestyle	2:00.87	2:03.70	555	28/10/12	Flitwick Dolphins Open Meet	Flitwick	ER2302	3
400 Freestyle	4:18.51	4:23.90	553	10/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
800 Freestyle	9:03.30	9:13.80	543	25/11/11	Flitwick Dolphins Club Championships	Biggleswade	ER1645	4
1500 Freestyle	16:59.65	17:19.70	572	18/02/12	Bedfordshire County Championships	Biggleswade	CC2054	2
50 Breaststroke	33.94	34.90	397	16/09/17	Flitwick Dolphins Club Championships 2017	Flitwick	ER171440	4
100 Breaststroke	1:16.07	1:17.70	383	18/09/16	Flitwick Dolphins Club Championships 2016	Flitwick	ER161595	4
200 Breaststroke	2:47.95	2:51.10	366	17/11/12	Flitwick Dolphins Club Championships	Flitwick	ER2704	4
50 Butterfly	26.83	27.50	532	13/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
100 Butterfly	59.57	1:00.80	516	15/07/17	Team Luton Fast & Furious IV Sprint Meet	Luton	ER171251	3
200 Butterfly	2:15.93	2:18.20	485	13/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
50 Backstroke	29.56	30.20	418	18/09/16	Flitwick Dolphins Club Championships 2016	Flitwick	ER161595	4
100 Backstroke	1:06.68	1:07.90	380	28/10/12	Flitwick Dolphins Open Meet	Flitwick	ER2302	3
200 Backstroke	2:26.50	2:28.80	374	15/05/11	Hatfield UK Challenge 2011	Hatfield	ER1309	2
200 Individual Medley	2:20.43	2:23.20	475	18/09/16	Flitwick Dolphins Club Championships 2016	Flitwick	ER161595	4
400 Individual Medley	5:06.09	5:11.80	451	29/11/13	Flitwick Dolphins Club Championships 2013	Bedford	ER31029	4
100 Individual Medley	1:04.65	1:04.70	442	19/11/16	Flitwick Dolphins Club Championships 2016	Flitwick	ER161597	4