

# Individual Best Times (All Time)

Daniel Powell - (260451) - City Of Peterborough SC

## Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet   | Venue        | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle          | 26.37    | 25.60           | 498       | 05/10/14 | Robin Hood Open Meet 2014                      | Sheffield    | EM4455   | 1     |
| 100 Freestyle         | 54.65    | 53.10           | 630       | 02/05/15 | ASA East Region Summer Championships Weekend 1 | Luton        | ER150672 | 1     |
| 200 Freestyle         | 2:01.47  | 1:58.60         | 592       | 05/10/14 | Robin Hood Open Meet 2014                      | Sheffield    | EM4455   | 1     |
| 400 Freestyle         | 4:10.22  | 4:04.60         | 680       | 03/05/15 | ASA East Region Summer Championships Weekend 1 | Luton        | ER150672 | 1     |
| 800 Freestyle         | 9:52.62  | 9:42.80         | 444       | 09/05/10 | ASA Midland Distance TT                        | Loughborough | EM0276   | 1     |
| 1500 Freestyle        | 16:30.83 | 16:09.80        | 679       | 01/08/15 | British Summer Championships                   | Sheffield    | ASA141   | 1     |
| 200 Breaststroke      | 3:41.94  | 3:39.50         | 180       | 03/10/09 | Robin Hood Open Meet                           | Sheffield    | EM9305   | 1     |
| 50 Butterfly          | 31.42    | 30.80           | 356       | 07/10/12 | 32nd Robin Hood Open Meet                      | Sheffield    | EM2256   | 1     |
| 100 Butterfly         | 1:21.90  | 1:21.00         | 220       | 02/10/10 | Robin Hood 30th Open Meet                      | Sheffield    | EM0277   | 1     |
| 200 Butterfly         | 2:42.86  | 2:40.90         | 310       | 28/05/11 | City of Sheffield No Frills Meet               | Sheffield    | NE1118   | 1     |
| 50 Backstroke         | 33.60    | 33.00           | 344       | 06/10/12 | 32nd Robin Hood Open Meet                      | Sheffield    | EM2256   | 1     |
| 100 Backstroke        | 1:01.44  | 1:00.10         | 592       | 09/08/15 | ASA Summer Nationals 2015                      | Sheffield    | ASA142   | 1     |
| 200 Backstroke        | 2:12.27  | 2:09.70         | 605       | 17/05/15 | Northampton Spring Festival                    | Corby        | EM150349 | 1     |
| 200 Individual Medley | 2:31.31  | 2:28.70         | 427       | 06/10/13 | The Robin Hood Open Meet 2013                  | Sheffield    | EM3375   | 1     |
| 400 Individual Medley | 5:13.55  | 5:07.90         | 462       | 05/05/13 | ASA East Region Youth Championships            | Luton        | ERX312   | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                       | Venue        | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle          | 25.21    | 26.00           | 511       | 06/12/14 | ASA East Region Winter Championships       | Luton        | ERX432   | 2     |
| 100 Freestyle         | 54.03    | 55.60           | 571       | 07/12/14 | ASA East Region Winter Championships       | Luton        | ERX432   | 2     |
| 200 Freestyle         | 1:56.78  | 1:59.70         | 616       | 14/03/15 | Cambridgeshire ASA County Championships    | Peterborough | CC150084 | 2     |
| 400 Freestyle         | 4:03.34  | 4:09.00         | 663       | 07/12/14 | ASA East Region Winter Championships       | Luton        | ERX432   | 2     |
| 800 Freestyle         | 9:55.46  | 10:05.10        | 412       | 21/03/10 | Cambridgeshire County Championships        | Cambridge    | CC0112   | 2     |
| 1500 Freestyle        | 17:46.55 | 18:05.70        | 500       | 25/11/11 | City of Peterborough Club Champs           | Peterborough | ER1141   | 4     |
| 50 Breaststroke       | 41.58    | 42.30           | 216       | 15/07/12 | City of Cambridge Summer Open              | Cambridge    | ER2318   | 3     |
| 100 Breaststroke      | 1:31.27  | 1:32.60         | 222       | 09/01/12 | City of Peterborough Club Championships    | Peterborough | ER2200   | 4     |
| 200 Breaststroke      | 3:14.13  | 3:16.80         | 237       | 07/01/12 | City of Peterborough Club Championships    | Peterborough | ER2200   | 4     |
| 50 Butterfly          | 31.10    | 31.70           | 342       | 06/07/13 | City of Peterborough SC Club Championships | Peterborough | ER3191   | 4     |
| 100 Butterfly         | 1:13.52  | 1:14.50         | 274       | 07/01/12 | City of Peterborough Club Championships    | Peterborough | ER2200   | 4     |
| 200 Butterfly         | 2:35.97  | 2:38.00         | 321       | 31/03/12 | City of Peterborough Open Meet             | Peterborough | ER2155   | 2     |
| 50 Backstroke         | 31.82    | 32.40           | 335       | 06/07/13 | City of Peterborough SC Club Championships | Peterborough | ER3191   | 4     |
| 100 Backstroke        | 1:04.22  | 1:05.50         | 426       | 30/03/14 | Cambridgeshire ASA County Championships    | Peterborough | CC4110   | 2     |
| 200 Backstroke        | 2:16.86  | 2:19.30         | 459       | 15/03/14 | Cambridgeshire ASA County Championships    | Peterborough | CC4110   | 2     |
| 200 Individual Medley | 2:19.93  | 2:22.70         | 480       | 30/03/14 | Cambridgeshire ASA County Championships    | Peterborough | CC4110   | 2     |
| 400 Individual Medley | 5:05.83  | 5:11.50         | 452       | 17/03/13 | Cambridgeshire ASA County Championships    | Cambridge    | CC3057   | 2     |
| 100 Individual Medley | 1:09.42  | 1:09.40         | 357       | 06/07/13 | City of Peterborough SC Club Championships | Peterborough | ER3191   | 4     |