

Individual Best Times (All Time)

Robert Van Tromp - (26119) - Verulam ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.25	26.50	451	12/02/11	BUCS Swimming Championships (50m) 2011	Sheffield	BUC003	1
50 Butterfly	31.64	31.00	348	13/02/11	BUCS Swimming Championships (50m) 2011	Sheffield	BUC003	1
200 Backstroke	2:45.52	2:43.50	309	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.64	27.40	433	12/11/11	BUCS Swimming (25m) Championships 2011	Sheffield	BUC004	2
100 Freestyle	56.08	57.50	511	28/03/10	Watford Easter Open Meet	Watford	ER0285	2
200 Freestyle	2:08.82	2:11.50	459	11/03/09	Hertfordshire Champs	Borehamwood	CC9005	2
400 Freestyle	4:51.66	4:56.40	385	07/11/09	Verulam Club Champs	Hemel Hempstead	ER9633	4
1500 Freestyle	19:59.03	20:16.10	352	08/11/09	Verulam Club Champs	St Albans	ER9800	4
50 Breaststroke	41.83	42.60	212	18/12/04	UK Challenge Christmas Sprints	Herts Sports Village	L3S242	2
100 Breaststroke	1:15.75	1:17.40	388	21/11/09	Verulam Club Champs	Hemel Hempstead	ER9634	4
200 Breaststroke	3:21.93	3:24.50	210	13/03/04	Hertfordshire County Champs	Various	CCS015	2
50 Butterfly	46.28	46.70	103	16/03/02	Hertfordshire County Champs	Hemel Hempstead	CTY168	2
100 Butterfly	1:09.47	1:10.60	325	21/11/09	Verulam Club Champs	Hemel Hempstead	ER9634	4
50 Backstroke	31.20	31.80	355	09/03/09	Hertfordshire Champs	Borehamwood	CC9005	2
100 Backstroke	1:07.34	1:08.50	369	20/03/10	Hertfordshire Champs	Borehamwood	CC0020	2
200 Backstroke	2:26.10	2:28.40	377	09/03/09	Hertfordshire Champs	Borehamwood	CC9005	2
200 Individual Medley	2:26.16	2:28.80	421	07/11/09	Verulam Club Champs	Hemel Hempstead	ER9633	4
100 Individual Medley	1:10.84	1:10.80	336	03/11/07	Hemel Hempstead Open	Hemel Hempstead	ER7303	3