

# Individual Best Times (All Time)

Todd Alsop - (26302) - Metropolitan Police SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.36	25.60	499	05/03/11	ISM Berlin 2011	Berlin	GB1011	1
100 Freestyle	59.27	57.80	494	08/03/09	ISM Berlin Germany	Berlin	GB9007	1
50 Breaststroke	34.67	33.80	419	05/03/11	ISM Berlin 2011	Berlin	GB1011	1
100 Breaststroke	1:19.61	1:18.00	364	06/03/11	ISM Berlin 2011	Berlin	GB1011	1
50 Butterfly	28.78	28.10	463	06/03/09	ISM Berlin Germany	Berlin	GB9007	1
100 Butterfly	1:04.28	1:03.10	455	07/03/09	ISM Berlin Germany	Berlin	GB9007	1
50 Backstroke	33.24	32.60	355	06/03/11	ISM Berlin 2011	Berlin	GB1011	1
100 Backstroke	1:15.61	1:14.50	317	08/03/08	Berlin ISM 2008	Berlin, Germany	GB8007	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.87	26.70	473	22/02/09	Sussex County Champs	Crawley	CC9075	2
100 Freestyle	57.80	59.20	466	05/04/09	Orpington Ojays Open	Gillingham	LR9102	2
200 Freestyle	2:12.70	2:15.30	419	05/04/09	Orpington Ojays Open	Gillingham	LR9102	2
400 Freestyle	5:34.02	5:38.20	256	14/09/14	1066 Swimmers Club Championships	Bexhill	SE14360	4
1500 Freestyle	21:34.14	21:50.00	280	07/09/14	1066 Swimmers Club Championships	Bexhill	SE14359	4
50 Breaststroke	34.59	35.50	375	29/11/08	Beckenham Rising Stars Mt	Bexleyheath	LR8418	3
100 Breaststroke	1:17.38	1:19.00	364	29/11/08	Beckenham Rising Stars Mt	Bexleyheath	LR8418	3
200 Breaststroke	3:00.75	3:03.70	293	11/06/06	Cranleigh Summer Open	Cranleigh	SE6168	3
50 Butterfly	28.57	29.20	441	24/02/08	Sussex County Champs	Crawley	CC8036	2
100 Butterfly	1:03.30	1:04.50	430	29/11/08	Beckenham Rising Stars Mt	Bexleyheath	LR8418	3
50 Backstroke	32.33	32.90	319	19/10/13	1066 Swimmers Club Championships	Eastbourne	SE3685	4
100 Individual Medley	1:06.70	1:06.70	403	22/02/09	Sussex County Champs	Crawley	CC9075	2