

Individual Best Times (All Time)

Connor Pfreundschuh - (264229) - Greenwich Royals SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|------------------------------------|----------------|----------|-------|
| 50 Freestyle | 30.36 | 29.70 | 326 | 11/04/15 | Bexley Long Course Open Meet | Crystal Palace | LR150015 | 1 |
| 200 Freestyle | 2:17.14 | 2:14.60 | 411 | 12/04/15 | Bexley Long Course Open Meet | Crystal Palace | LR150015 | 1 |
| 400 Freestyle | 4:40.27 | 4:35.20 | 484 | 04/05/15 | London Region Summer Championships | Crystal Palace | LR150561 | 1 |
| 1500 Freestyle | 18:10.20 | 17:51.10 | 509 | 22/01/17 | Kent Swimming Championships | Crystal Palace | SE170171 | 1 |
| 50 Butterfly | 31.52 | 30.90 | 352 | 09/04/17 | Crawley Spring LC Level 1 Meet | Crawley | SE170006 | 1 |
| 100 Butterfly | 1:08.82 | 1:07.70 | 370 | 08/04/17 | Crawley Spring LC Level 1 Meet | Crawley | SE170006 | 1 |
| 200 Butterfly | 2:26.74 | 2:24.60 | 425 | 28/01/17 | Kent Swimming Championships | Crystal Palace | SE170172 | 1 |
| 200 Backstroke | 2:43.31 | 2:41.30 | 321 | 09/04/17 | Crawley Spring LC Level 1 Meet | Crawley | SE170006 | 1 |
| 200 Individual Medley | 2:38.30 | 2:35.80 | 373 | 11/04/15 | Bexley Long Course Open Meet | Crystal Palace | LR150015 | 1 |
| 400 Individual Medley | 5:28.35 | 5:23.00 | 402 | 17/04/16 | London Schools SA Championships | Crystal Palace | LR160201 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|------------------|----------|-------|
| 50 Freestyle | 29.38 | 30.10 | 323 | 21/03/15 | Southwark Swim Championships | Southwark | LR150636 | 4 |
| 100 Freestyle | 1:02.92 | 1:04.20 | 361 | 20/12/15 | Christmas at Dagenham | Dagenham | LR152044 | 3 |
| 200 Freestyle | 2:12.98 | 2:15.60 | 417 | 16/01/16 | Kingston Royals The Royals New Year Meet 2016 | Walton-on-Thames | LR160282 | 3 |
| 400 Freestyle | 4:34.21 | 4:39.30 | 463 | 04/10/15 | LBRSC Early County & Regional Qualifier | Fullwell Cross | LR150599 | 3 |
| 1500 Freestyle | 17:49.98 | 18:09.10 | 495 | 05/11/16 | London Region Winter Championships | Stratford | LR162227 | 2 |
| 50 Breaststroke | 40.11 | 40.90 | 240 | 11/10/16 | Greenwich Royals Club Championships | London | LR161925 | 4 |
| 100 Breaststroke | 1:25.80 | 1:27.30 | 267 | 16/09/17 | Greenwich Boro Annual Swimming Champs | Eltham | LR171708 | 4 |
| 200 Breaststroke | 3:15.69 | 3:18.40 | 231 | 05/01/14 | Barking & Dagenham Aquatics Last Chance | Dagenham | LR4257 | 3 |
| 50 Butterfly | 30.71 | 31.30 | 355 | 16/12/17 | Christmas at Dagenham 2017 Open Meet | Dagenham | LR170717 | 3 |
| 100 Butterfly | 1:06.88 | 1:08.00 | 364 | 02/10/16 | LBRS Early Chance October Meet | Ilford | LR160961 | 3 |
| 200 Butterfly | 2:24.19 | 2:26.40 | 406 | 06/11/16 | London Region Winter Championships | Stratford | LR162227 | 2 |
| 50 Backstroke | 36.58 | 37.10 | 220 | 04/10/16 | Greenwich Royals Club Championships | London | LR161924 | 4 |
| 100 Backstroke | 1:15.42 | 1:16.50 | 263 | 01/11/16 | Greenwich Royals Club Championships | London | LR161926 | 4 |
| 200 Backstroke | 2:30.62 | 2:32.80 | 344 | 02/10/16 | LBRS Early Chance October Meet | Ilford | LR160961 | 3 |
| 200 Individual Medley | 2:31.69 | 2:34.30 | 377 | 13/12/14 | NASL London Rounds Division 1&2 | Becontree | LR14174 | 3 |
| 400 Individual Medley | 5:13.58 | 5:19.10 | 419 | 26/06/18 | Greenwich Royals Club Championships 2018 | London | LR181577 | 4 |
| 100 Individual Medley | 1:12.00 | 1:12.00 | 320 | 17/12/17 | Christmas at Dagenham 2017 Open Meet | Dagenham | LR170717 | 3 |