

# Individual Best Times (All Time)

Liam Apps - (294337) - City of Linc Pentaqua SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.69	34.10	219	23/09/12	City of Sheffield Teaspoon Gala	Sheffield	NE2146	3
100 Freestyle	1:14.40	1:13.30	249	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
200 Freestyle	2:37.45	2:35.20	271	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	EM4355	1
400 Freestyle	5:29.92	5:25.60	296	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	EM4355	1
50 Breaststroke	51.00	50.40	131	23/09/12	City of Sheffield Teaspoon Gala	Sheffield	NE2146	3
100 Breaststroke	1:50.91	1:49.80	134	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Breaststroke	3:54.62	3:52.30	152	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
50 Butterfly	38.29	37.80	196	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
100 Butterfly	1:28.83	1:28.00	172	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Butterfly	3:23.20	3:21.60	160	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
50 Backstroke	39.64	39.10	209	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
100 Backstroke	1:21.53	1:20.50	253	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Backstroke	2:54.76	2:52.80	262	27/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
200 Individual Medley	3:09.26	3:07.20	218	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
400 Individual Medley	6:58.06	6:53.80	195	14/04/12	Radford SC 30th Open Meet	Sheffield	EM2132	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.33	29.10	360	16/12/17	City of Leeds Xmas Meet 2017	Leeds	NE171857	3
100 Freestyle	1:04.25	1:05.50	339	20/05/17	Tulip Open Meet 2017	Spalding	EM170547	3
200 Freestyle	2:17.27	2:19.80	379	25/11/17	Louth Meridan Meet	Louth	EM171923	3
400 Freestyle	4:53.66	4:58.40	377	28/10/17	Lincoln Vulcans 400's Time Trials	Yarborough	EM172376	4
1500 Freestyle	19:13.85	19:31.60	395	04/11/17	Lincoln Vulcans SC Distance Time Trials	Yarborough	EM172377	4
50 Breaststroke	39.75	40.50	247	01/04/17	Lincoln Vulcans Squad Sprints	Yarborough	EM170730	4
100 Breaststroke	1:27.50	1:28.90	252	20/05/17	Tulip Open Meet 2017	Spalding	EM170547	3
200 Breaststroke	3:28.78	3:31.30	190	04/07/15	Lincoln Vulcans Annual Club Championships	Grantham	EM150586	4
50 Butterfly	30.71	31.30	355	18/11/17	Lincoln Vulcans Squad Sprints	Yarborough	EM170731	4
100 Butterfly	1:08.56	1:09.70	338	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
200 Butterfly	2:37.60	2:39.60	311	25/11/17	Louth Meridan Meet	Louth	EM171923	3
50 Backstroke	32.42	33.00	317	01/04/17	Lincoln Vulcans Squad Sprints	Yarborough	EM170730	4
100 Backstroke	1:09.09	1:10.20	342	04/02/18	Lincolnshire County Championships 2018	Louth	EM180023	2
200 Backstroke	2:30.19	2:32.40	347	16/12/17	City of Leeds Xmas Meet 2017	Leeds	NE171857	3
200 Individual Medley	2:37.84	2:40.30	335	25/11/17	Louth Meridan Meet	Louth	EM171923	3
400 Individual Medley	5:36.94	5:42.10	338	28/10/17	Lincoln Vulcans 400's Time Trials	Yarborough	EM172376	4
100 Individual Medley	1:13.67	1:13.70	299	25/11/17	Louth Meridan Meet	Louth	EM171923	3