

Individual Best Times (All Time)

Duncan Bond - (299217) - Basingstoke Bluefins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.03	26.20	462	16/03/14	Hampshire County Championships	Portsmouth	CC4116	1
100 Freestyle	1:01.43	1:00.10	443	17/03/12	Hampshire County Championships	Portsmouth	CC2102	1
200 Freestyle	2:15.92	2:13.30	422	18/03/12	Hampshire County Championships	Portsmouth	CC2102	1
400 Freestyle	4:50.12	4:45.20	436	17/03/12	Hampshire County Championships	Portsmouth	CC2102	1
800 Freestyle	10:31.47	10:22.20	367	04/07/10	Cardiff International Open	Cardiff	WAL307	1
1500 Freestyle	20:17.18	20:00.10	366	03/12/10	Team Bath Aquae Sulis Meet	Bath	SW0643	1
100 Breaststroke	1:38.47	1:37.20	192	04/12/09	Team Bath Bernie Nicol Mt	Bath	SW9795	3
200 Breaststroke	3:29.12	3:26.60	216	04/12/09	Team Bath Bernie Nicol Mt	Bath	SW9795	3
50 Butterfly	29.93	29.30	411	15/03/14	Hampshire County Championships	Portsmouth	CC4116	1
100 Butterfly	1:12.36	1:11.30	319	15/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	SE2060	3
200 Butterfly	2:48.66	2:46.80	280	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
50 Backstroke	32.73	32.10	372	20/02/16	BUCS Long Course Championships	Sheffield	NE160130	1
100 Backstroke	1:15.17	1:14.10	323	04/07/10	Cardiff International Open	Cardiff	WAL307	1
200 Backstroke	2:41.44	2:39.40	333	08/05/11	Beckenham International Open Meet	London	LR1175	1
200 Individual Medley	2:42.02	2:39.60	348	02/10/11	Portsmouth Northsea Open Meet	Portsmouth	SE1579	3
400 Individual Medley	5:58.71	5:53.80	308	04/12/10	Team Bath Aquae Sulis Meet	Bath	SW0643	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.15	26.00	515	03/06/18	Basingstoke Bluefins Club Championships	Basingstoke	SE181568	4
100 Freestyle	56.11	57.60	510	24/06/18	Basingstoke Bluefins Club Championships	Basingstoke	SE181571	4
200 Freestyle	2:12.97	2:15.60	417	15/04/12	Swim Bournemouth 2nd Annual Open Meet	Littledown	SW2157	2
400 Freestyle	4:44.51	4:49.40	415	09/04/11	Swim Bournemouth Open Meet	Littledown	SW1084	2
800 Freestyle	10:22.07	10:31.30	362	10/10/10	Basingstoke Bluefins	Basingstoke	SE0823	4
1500 Freestyle	18:44.84	19:03.00	426	09/10/11	Basingstoke Bluefins SC Championships	Basingstoke	SE1702	4
50 Breaststroke	38.68	39.50	268	08/01/11	Basingstoke Bluefins AA Graded Open Meet	Basingstoke	SE1070	4
100 Breaststroke	1:29.69	1:31.10	234	09/01/11	Basingstoke Bluefins AA Graded Open Meet	Basingstoke	SE1070	4
200 Breaststroke	3:12.10	3:14.80	244	09/01/11	Basingstoke Bluefins AA Graded Open Meet	Basingstoke	SE1070	4
50 Butterfly	28.19	28.90	459	23/06/18	Basingstoke Bluefins Club Championships	Basingstoke	SE181571	4
100 Butterfly	1:09.21	1:10.30	329	14/04/12	Swim Bournemouth 2nd Annual Open Meet	Littledown	SW2157	2
200 Butterfly	2:40.01	2:42.00	297	23/10/11	Basingstoke Bluefins SC Championships	Basingstoke	SE1702	4
50 Backstroke	30.50	31.20	380	24/06/18	Basingstoke Bluefins Club Championships	Basingstoke	SE181571	4
100 Backstroke	1:09.36	1:10.50	338	24/06/12	Milton Keynes End of Season Meet	Bletchley	SE2058	3
200 Backstroke	2:31.45	2:33.60	339	23/06/12	Milton Keynes End of Season Meet	Bletchley	SE2058	3
200 Individual Medley	2:33.59	2:36.10	363	09/04/11	Swim Bournemouth Open Meet	Littledown	SW1084	2
400 Individual Medley	5:40.03	5:45.20	329	23/01/11	Windsor Level 2 Open Meet	Maidenhead	SE1036	2
100 Individual Medley	1:10.04	1:10.00	348	29/09/12	Basingstoke Bluefins Club Championships	Basingstoke	SE2848	4