

Individual Best Times (All Time)

Lee Baker - (305083) - Harlow Penguin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.42	23.60	627	30/04/17	ASA East Long Course Championships	Luton	ER170219	1
100 Freestyle	54.08	52.50	650	29/04/17	ASA East Long Course Championships	Luton	ER170219	1
200 Freestyle	2:05.05	2:02.20	542	26/11/11	Essex ASA Winter LC Championships	Basildon	ER1632	1
400 Freestyle	4:39.55	4:34.50	487	01/05/10	East Region Youth Champs	Norwich	ERX011	1
800 Freestyle	9:51.65	9:41.80	446	03/04/10	City of Norwich Easter Meet	Norwich	ER0186	1
50 Breaststroke	35.70	34.80	384	01/05/10	East Region Youth Champs	Norwich	ERX011	1
100 Breaststroke	1:18.49	1:16.90	380	30/04/11	BG East Region Championships	Norwich	ERX115	1
200 Breaststroke	3:03.29	3:00.40	320	09/04/11	Bexley Long Course Open Meet	Crystal Palace	LR1012	1
50 Butterfly	26.26	25.50	609	04/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
100 Butterfly	1:02.51	1:01.30	495	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
50 Backstroke	29.47	28.80	510	03/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Backstroke	1:03.61	1:02.30	533	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
200 Backstroke	2:29.12	2:26.90	422	17/12/11	Killerwhales Winter Open	Basildon	LR1534	1
200 Individual Medley	2:23.12	2:20.30	505	30/04/11	BG East Region Championships	Norwich	ERX115	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.49	24.40	632	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Freestyle	52.09	53.70	637	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
200 Freestyle	1:56.80	1:59.70	615	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
400 Freestyle	4:17.55	4:22.90	559	10/03/12	Essex County Championships Block B	Braintree	CC2059	2
800 Freestyle	9:11.89	9:22.30	518	15/10/09	Epping Forest Club Champs	Loughton	ER9281	4
1500 Freestyle	17:45.32	18:04.50	502	26/11/09	Epping Forest Club Champs	Loughton	ER9283	4
50 Breaststroke	32.36	33.30	458	01/04/12	Essex County Championships	Basildon	CC2061	2
100 Breaststroke	1:11.26	1:13.00	466	22/09/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
200 Breaststroke	2:39.61	2:42.90	426	12/03/11	Essex County Championships	Southend	CC1059	2
50 Butterfly	25.98	26.70	586	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Butterfly	1:00.30	1:01.50	497	18/06/16	Harlow Penguins 5th Eric Shepherd Open Meet	Harlow	ER160521	3
200 Butterfly	2:26.26	2:28.40	389	13/11/13	Epping Forest District SC Club Championships	Loughton	ER3558	4
50 Backstroke	27.84	28.50	500	16/06/18	Harlow Penguins 7th Eric Shepherd Open Meet	Harlow	ER181242	3
100 Backstroke	1:00.75	1:02.10	503	31/03/12	Essex County Championships	Basildon	CC2061	2
200 Backstroke	2:15.62	2:18.10	472	18/09/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
200 Individual Medley	2:14.74	2:17.60	538	21/04/12	London Borough of Redridge Regional Sprint	Fullwell	LR2017	2
400 Individual Medley	4:56.73	5:02.60	495	20/11/11	Epping Forest District SC Club Championshi	Loughton	ER1314	4
100 Individual Medley	1:01.12	1:01.10	524	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2