

# Individual Best Times (All Time)

Roberto Pavoni - (37306) - Plymouth Leander SC

## Long Course

| Stroke                | LC Time  | Converted to SC | LC WA Pts | Date     | Meet                                    | Venue            | Licence  | Level |
|-----------------------|----------|-----------------|-----------|----------|---|------------------|----------|-------|
| 50 Freestyle          | 23.93    | 23.00           | 667       | 21/02/15 | BUCS Long Course Championships 2015     | Sheffield        | NE150632 | 1     |
| 100 Freestyle         | 51.13    | 49.50           | 769       | 09/02/13 | Derwentio February Festival             | Sheffield        | EM3053   | 1     |
| 200 Freestyle         | 1:51.73  | 1:48.60         | 760       | 25/01/14 | Flanders Speedo Cup                     | Antwerp, Belgium | INT299   | 1     |
| 400 Freestyle         | 3:56.18  | 3:50.20         | 809       | 11/06/14 | Mare Nostrum                            | Canet, France    | GBR026   | 1     |
| 1500 Freestyle        | 17:15.44 | 16:55.40        | 595       | 25/03/05 | East Anglian Long Course Meet           | Norwich          | L1M254   | 1     |
| 100 Breaststroke      | 1:03.78  | 1:01.80         | 709       | 10/02/13 | Derwentio February Festival             | Sheffield        | EM3053   | 1     |
| 200 Breaststroke      | 2:18.69  | 2:14.80         | 740       | 26/06/15 | Scottish National Open Championships    | Glasgow          | SCO1005  | 1     |
| 100 Butterfly         | 54.09    | 52.70           | 764       | 07/03/13 | British Gas International 2013          | Leeds            | ASA124   | 1     |
| 200 Butterfly         | 1:56.10  | 1:53.40         | 858       | 06/03/12 | British Gas Swimming Championships 2012 | London           | ASA116   | 1     |
| 50 Backstroke         | 27.14    | 26.40           | 653       | 07/02/15 | Derwentio Excel February Festival       | Sheffield        | EM150033 | 1     |
| 100 Backstroke        | 56.99    | 55.60           | 742       | 09/02/13 | Derwentio February Festival             | Sheffield        | EM3053   | 1     |
| 200 Backstroke        | 2:00.89  | 1:58.10         | 793       | 09/03/11 | British Gas Swimming Championships 2011 | Manchester       | ASA108   | 1     |
| 200 Individual Medley | 1:57.79  | 1:54.40         | 906       | 15/04/15 | British Championships 2015              | London           | ASA139   | 1     |
| 400 Individual Medley | 4:12.24  | 4:05.20         | 888       | 11/04/14 | British Gas Championships 2014          | Glasgow          | ASA132   | 1     |

## Short Course

| Stroke                | SC Time  | Converted to LC | SC WA Pts | Date     | Meet                                       | Venue                | License  | Level |
|-----------------------|----------|-----------------|-----------|----------|--|----------------------|----------|-------|
| 50 Freestyle          | 24.10    | 24.90           | 585       | 16/11/14 | City Of Leicester Winter Short Course Meet | Leicester            | EM14411  | 2     |
| 100 Freestyle         | 50.02    | 51.70           | 720       | 05/11/13 | Fina World Cup 2013 - Singapore            | Singapore            | INT293   | 2     |
| 200 Freestyle         | 1:47.24  | 1:50.40         | 795       | 16/11/14 | City Of Leicester Winter Short Course Meet | Leicester            | EM14411  | 2     |
| 400 Freestyle         | 3:44.58  | 3:50.70         | 844       | 13/12/13 | Scottish National Short Course Open Meet   | Edinburgh            | SCO791   | 1     |
| 800 Freestyle         | 8:16.76  | 8:28.20         | 711       | 04/03/07 | Essex County Champs                        | Grays                | CC7003   | 2     |
| 1500 Freestyle        | 14:57.69 | 15:20.30        | 839       | 10/11/13 | Fina World Cup 2013 - Tokyo                | Tokyo, Japan         | INT294   | 2     |
| 50 Breaststroke       | 28.94    | 30.00           | 640       | 20/11/15 | The Leicester Open Meet                    | Leicester            | EM151050 | 2     |
| 100 Breaststroke      | 1:00.98  | 1:03.00         | 744       | 15/11/14 | City Of Leicester Winter Short Course Meet | Leicester            | EM14411  | 2     |
| 200 Breaststroke      | 2:13.32  | 2:17.20         | 732       | 16/11/14 | City Of Leicester Winter Short Course Meet | Leicester            | EM14411  | 2     |
| 50 Butterfly          | 24.76    | 25.50           | 677       | 06/12/14 | Midland Short Course Championships         | Rugby                | WM14348  | 2     |
| 100 Butterfly         | 53.50    | 54.90           | 712       | 29/08/09 | 2009 Heritage QLD SC Champ                 | Queensland,Australia | GB9038   | 2     |
| 200 Butterfly         | 1:52.87  | 1:55.60         | 848       | 21/12/13 | Duel in the Pool 2013                      | Glasgow              | INT298   | 2     |
| 50 Backstroke         | 25.82    | 26.60           | 627       | 06/12/14 | Midland Short Course Championships         | Rugby                | WM14348  | 2     |
| 100 Backstroke        | 54.00    | 55.50           | 716       | 14/12/14 | Scottish National Short Course Champs      | Edinburgh            | SCO921   | 1     |
| 200 Backstroke        | 1:55.72  | 1:58.60         | 760       | 12/12/14 | Scottish National Short Course Champs      | Edinburgh            | SCO921   | 1     |
| 200 Individual Medley | 1:54.20  | 1:57.60         | 884       | 21/12/13 | Duel in the Pool 2013                      | Glasgow              | INT298   | 2     |
| 400 Individual Medley | 4:02.69  | 4:09.80         | 905       | 03/12/15 | European Short Course Championships 2015   | Netanya              | INT320   | 2     |
| 100 Individual Medley | 54.00    | 54.00           | 760       | 05/12/15 | European Short Course Championships 2015   | Netanya              | INT320   | 2     |