

Individual Best Times (All Time)

Matthew Knight - (385841) - Portsmouth Northsea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.43	28.70	358	01/04/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
100 Freestyle	1:03.14	1:01.80	408	31/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
200 Freestyle	2:18.09	2:15.60	403	16/04/17	PNSC Easter Meet	Portsmouth	SE170397	1
400 Freestyle	4:52.04	4:47.20	427	14/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
1500 Freestyle	19:40.02	19:22.40	402	24/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
50 Breaststroke	37.47	36.60	332	16/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
100 Breaststroke	1:24.72	1:23.20	302	15/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
200 Breaststroke	3:06.48	3:03.60	304	14/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	SE180605	3
50 Butterfly	36.84	36.30	220	08/05/16	Portsmouth Northsea LC Sprint Meet 2016	Portsmouth	SE160454	3
50 Backstroke	36.20	35.60	275	17/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
100 Backstroke	1:17.47	1:16.40	295	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
200 Backstroke	2:40.38	2:38.30	339	17/12/17	Portsmouth Northsea Christmas Meet	Portsmouth	SE172168	3
200 Individual Medley	2:37.90	2:35.40	376	31/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.93	29.60	338	30/09/17	Portsmouth & Northsea Championships	Portsmouth	SE172291	4
100 Freestyle	1:03.40	1:04.70	353	29/10/17	PNSC First Chance County Qualifier	Portsmouth	SE171501	3
200 Freestyle	2:15.13	2:17.70	397	29/10/17	PNSC First Chance County Qualifier	Portsmouth	SE171501	3
400 Freestyle	4:51.32	4:56.10	386	18/11/16	Portsmouth Northsea Level 4 400 Meet	Portsmouth	SE162394	4
1500 Freestyle	18:56.38	19:14.40	413	11/11/16	PNSC Time Trials 2016-2017	Portsmouth	SE162222	4
50 Breaststroke	38.72	39.50	267	02/10/17	Portsmouth & Northsea Championships	Mountbatten SC	SE172292	4
100 Breaststroke	1:23.74	1:25.20	287	29/10/17	PNSC First Chance County Qualifier	Portsmouth	SE171501	3
200 Breaststroke	2:58.26	3:01.20	306	30/09/17	Portsmouth & Northsea Championships	Portsmouth	SE172291	4
50 Butterfly	1:01.03	1:01.30	45	21/12/12	Fareham Nomads Xmas Sprint Night	Fareham	SE2865	4
100 Butterfly	1:22.80	1:23.70	192	30/10/16	First Chance County Qualifier	Portsmouth	SE162339	3
50 Backstroke	34.32	34.90	267	29/10/17	PNSC First Chance County Qualifier	Portsmouth	SE171501	3
100 Backstroke	1:14.86	1:15.90	269	30/09/17	Portsmouth & Northsea Championships	Portsmouth	SE172291	4
200 Backstroke	2:44.90	2:46.90	262	03/04/16	Littlehampton Easter Meet 2016	Bognor Regis	SE160098	3
200 Individual Medley	2:39.04	2:41.50	327	29/09/17	Portsmouth & Northsea Championships	Portsmouth	SE172291	4
100 Individual Medley	1:17.53	1:17.50	256	02/10/17	Portsmouth & Northsea Championships	Mountbatten SC	SE172292	4