

Individual Best Times (All Time)

James Cowin - (395087) - Ramseian SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.95	29.20	340	08/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
100 Freestyle	1:05.13	1:03.80	372	07/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
200 Freestyle	2:22.55	2:20.10	366	08/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
400 Freestyle	5:01.83	4:57.10	387	07/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
1500 Freestyle	20:19.79	20:02.70	364	06/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
50 Breaststroke	38.26	37.40	312	08/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
100 Breaststroke	1:24.54	1:23.00	304	07/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
200 Breaststroke	3:09.95	3:07.10	288	08/02/14	Derwentio Excel February Festival	Sheffield	EM4028	1
50 Butterfly	52.14	51.80	77	25/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
50 Backstroke	39.10	38.60	218	09/02/14	Derwentio Excel February Festival	Sheffield	EM4028	1
100 Backstroke	1:34.27	1:33.40	163	25/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
200 Backstroke	2:50.43	2:48.50	283	09/02/14	Derwentio Excel February Festival	Sheffield	EM4028	1
200 Individual Medley	2:46.03	2:43.60	323	08/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.61	28.40	389	21/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152272	2
100 Freestyle	1:00.32	1:01.70	410	02/07/16	2016 Microgaming Isle of Man Summer Sprint	Isle of Man	NW161022	3
200 Freestyle	2:14.77	2:17.30	400	01/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152270	2
400 Freestyle	4:48.28	4:53.10	399	31/10/15	2015 Isle of Man November Swimming Championships	Douglas	NW152270	2
800 Freestyle	9:58.54	10:08.10	406	19/11/14	Isle of Man November Swimming Champs	Douglas	NW14668	2
1500 Freestyle	19:00.62	19:18.60	409	26/11/14	Isle of Man November Swimming Champs	Douglas	NW14669	2
50 Breaststroke	35.94	36.80	334	31/10/15	2015 Isle of Man November Swimming Championships	Douglas	NW152270	2
100 Breaststroke	1:16.91	1:18.50	371	01/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152270	2
200 Breaststroke	2:52.83	2:55.90	336	21/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152272	2
50 Butterfly	32.10	32.70	311	02/07/16	2016 Microgaming Isle of Man Summer Sprint	Isle of Man	NW161022	3
100 Butterfly	1:20.75	1:21.70	207	22/11/14	Isle of Man November Swimming Champs	Douglas	NW14668	2
50 Backstroke	33.58	34.20	285	01/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152270	2
100 Backstroke	1:11.09	1:12.20	314	22/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152272	2
200 Backstroke	2:35.84	2:38.00	311	16/01/16	IOMSA Match Series	Douglas	NW160318	3
200 Individual Medley	2:35.15	2:37.70	352	21/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152272	2
400 Individual Medley	6:08.26	6:13.00	259	24/11/13	2013 Isle of Man November Championships	Isle of Man	NW3982	2
100 Individual Medley	1:10.38	1:10.40	343	01/11/15	2015 Isle of Man November Swimming Championships	Douglas	NW152270	2