

Individual Best Times (All Time)

Jacob Greenow - (399355) - Bradford-On-Avon ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.55	35.00	203	11/01/09	Exeter City Open	Millfield	SW9100	1
100 Freestyle	54.31	52.80	642	18/06/22	Team Bath & Millfield National Preparation Meet L1	Millfield	SW220146	1
200 Freestyle	1:56.94	1:53.90	663	06/01/18	UBSC New Year Level 1 Open Meet	Hengrove	SW180293	1
400 Freestyle	4:07.98	4:02.30	698	07/01/18	UBSC New Year Level 1 Open Meet	Hengrove	SW180293	1
1500 Freestyle	17:39.43	17:19.80	555	10/02/13	Somerset ASA County Championships	Millfield	CC3102	1
50 Breaststroke	30.39	29.30	622	29/06/19	Team Bath AS Pre-National Summer Special	Hengrove LC	SW191735	1
100 Breaststroke	1:04.71	1:02.70	679	27/01/19	Somerset County Championships 2019	Millfield	SW190286	1
200 Breaststroke	2:16.25	2:12.30	781	06/04/18	Swim Cup The Hague	Netherlands	GBR700	1
50 Butterfly	25.92	25.20	634	12/02/23	Somerset ASA County Championships 2023	Millfield	SW230178	1
100 Butterfly	56.13	54.80	683	11/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
200 Butterfly	2:02.69	2:00.10	727	05/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow	BSW017	1
50 Backstroke	27.64	26.90	618	27/01/19	Somerset County Championships 2019	Millfield	SW190286	1
100 Backstroke	57.44	56.00	724	19/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
200 Backstroke	2:01.58	1:58.80	780	28/07/19	British Summer Championships	Glasgow	BSW011	1
200 Individual Medley	2:01.64	1:58.40	823	14/04/21	British Swimming Selection Trials 2021	London	BSW015	1
400 Individual Medley	4:18.41	4:11.60	826	07/04/22	British Championships 2022	Sheffield	BSW020	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.27	25.10	573	29/01/16	Somerset ASA County Championships	Millfield	SW160264	2
100 Freestyle	51.65	53.20	654	17/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
200 Freestyle	1:52.93	1:56.00	681	20/10/19	Millfield School & Street SC TYR	Millfield School	SW181181	2
400 Freestyle	3:59.55	4:05.30	695	29/10/16	Millfield & Taunton Super Series	Millfield	SW160694	2
50 Breaststroke	29.88	30.90	582	26/01/16	Somerset ASA County Championships	Millfield	SW160262	2
100 Breaststroke	1:03.97	1:05.90	645	30/10/16	Millfield & Taunton Super Series	Millfield	SW160694	2
200 Breaststroke	2:12.66	2:16.60	743	16/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
50 Butterfly	25.56	26.30	616	16/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield	SW221660	2
100 Butterfly	54.90	56.30	659	16/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
200 Butterfly	1:58.93	2:01.50	725	20/11/21	Team Bath AS November TYR Super Series	Millfield	SW210471	2
50 Backstroke	27.18	27.90	538	30/01/16	Somerset ASA County Championships	Millfield	SW160264	2
100 Backstroke	55.16	56.60	672	17/12/22	Swim Wales Winter Championships 2022	Swansea	WL220375	2
200 Backstroke	1:54.79	1:57.60	779	14/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
200 Individual Medley	1:57.83	2:01.10	805	04/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
400 Individual Medley	4:07.99	4:14.90	848	05/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Individual Medley	56.57	56.60	661	15/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield	SW221660	2