

# Individual Best Times (All Time)

Kyle Panton - (406924) - Dunmow Atlantis SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.27	25.50	504	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Freestyle	55.26	53.70	609	29/04/17	ASA East Long Course Championships	Luton	ER170219	1
200 Freestyle	2:03.21	2:00.40	567	08/04/17	Derwentio Excel 11th LC Open Meet	Sheffield	EM170259	1
400 Freestyle	4:30.94	4:25.70	535	20/01/18	Essex Age Group Championships 2018	Basildon	ER180154	1
1500 Freestyle	18:08.10	17:49.00	512	04/02/18	Essex Age Group Championships 2018	Basildon	ER180156	1
50 Breaststroke	31.84	30.80	541	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Breaststroke	1:11.87	1:10.10	495	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
200 Breaststroke	2:47.42	2:44.20	421	18/02/17	BUCS Long Course Swimming Championships	Sheffield	NE170125	1
50 Backstroke	31.87	31.20	403	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:10.64	1:09.50	389	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
200 Individual Medley	2:21.73	2:18.90	520	14/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.41	26.20	499	02/12/17	Dunmow Atlantis Club Championships	Dunmow	ER171872	4
100 Freestyle	54.42	55.90	559	06/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
200 Freestyle	1:59.28	2:02.10	578	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow	ER150891	3
400 Freestyle	4:17.09	4:22.50	562	07/07/16	Dunmow Atlantis Club Championships	Great Dunmow	ER161395	4
1500 Freestyle	17:38.83	17:58.10	511	14/07/16	Dunmow Atlantis SC Club Championships	Great Dunmow	ER161396	4
50 Breaststroke	31.53	32.50	495	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Breaststroke	1:10.23	1:12.00	487	05/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
200 Breaststroke	3:19.28	3:21.90	219	23/01/10	Bishops Stortford Open	Braintree	ER0038	3
50 Butterfly	28.09	28.80	464	02/12/17	Dunmow Atlantis Club Championships	Dunmow	ER171872	4
100 Butterfly	1:02.86	1:04.10	439	10/11/18	The NASL - London - Rounds 2018 - Div 1 & 2	Becontree	ER182078	3
50 Backstroke	29.92	30.60	403	02/12/17	Dunmow Atlantis Club Championships	Dunmow	ER171872	4
100 Backstroke	1:05.22	1:06.40	406	21/09/17	Dunmow Atlantis Club Championships	Great Dunmow	ER171867	4
200 Individual Medley	2:16.39	2:19.20	519	20/06/15	Harlow Penguins 4th Eric Shepherd Open Meet	Harlow	ER150891	3
400 Individual Medley	4:54.38	5:00.30	507	15/07/16	Dunmow Atlantis SC Club Championships	Great Dunmow	ER161396	4
100 Individual Medley	1:02.74	1:02.70	484	21/09/17	Dunmow Atlantis Club Championships	Great Dunmow	ER171867	4