

Individual Best Times (All Time)

Robert Aland - (411159) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.16	24.30	574	26/01/13	ASA Central Region Zonal Competition	Corby	ZM3165	1
100 Freestyle	54.15	52.60	648	26/01/13	ASA Central Region Zonal Competition	Corby	ZM3165	1
200 Freestyle	2:00.01	1:57.10	613	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	ER2624	1
400 Freestyle	4:35.10	4:30.00	511	13/06/10	East Region BAGCATS	Norwich	ERX013	1
800 Freestyle	9:32.08	9:21.90	493	19/02/11	Suffolk County Championships	Norwich	CC1032	1
100 Breaststroke	1:18.80	1:17.20	376	17/04/11	The National Arena Swimming League B Final	Sheffield	NE1269	1
50 Butterfly	26.84	26.10	571	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
100 Backstroke	1:14.45	1:13.40	332	07/06/09	East Region BAGCATS	UEA Norwich	ERX913	1
200 Backstroke	2:25.81	2:23.50	452	18/12/10	Hillingdon Winter Meet	Hillingdon	LR0817	1
200 Individual Medley	2:27.13	2:24.40	465	30/01/11	East, East Midland & West Midland Zonal	Corby	ZM1134	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.31	25.10	570	16/03/13	Suffolk County Championships	Ipswich	CC3079	2
100 Freestyle	53.92	55.40	575	28/10/12	Teamipswich 14th Open Meet	Ipswich	ER2595	2
200 Freestyle	1:55.60	1:58.60	635	27/10/12	Teamipswich 14th Open Meet	Ipswich	ER2595	2
400 Freestyle	4:11.83	4:17.30	598	13/04/14	Teamipswich Last Chance April Open	Ipswich	ER4113	3
50 Breaststroke	33.90	34.80	398	13/03/11	Suffolk County Championships	Ipswich	CC1034	2
100 Breaststroke	1:14.44	1:16.10	409	27/11/11	Teamipswich Club Championships	Ipswich	ER1589	4
200 Breaststroke	3:18.47	3:21.10	221	26/10/08	teamipswich 23rd Junior Mt	Ipswich	ER8427	2
50 Butterfly	26.60	27.30	546	17/03/13	Suffolk County Championships	Ipswich	CC3079	2
100 Butterfly	1:01.38	1:02.60	471	17/11/12	Teamipswich Club Championships	Ipswich	ER2803	4
50 Backstroke	28.55	29.20	464	09/03/14	Suffolk County ASA County Championships	Ipswich	CC4083	2
100 Backstroke	1:01.97	1:03.30	474	18/11/12	Teamipswich Club Championships	Ipswich	ER2803	4
200 Backstroke	2:23.18	2:25.50	401	06/03/10	Suffolk County Champs	Ipswich	CC0050	2
200 Individual Medley	2:19.19	2:22.00	488	17/11/12	Teamipswich Club Championships	Ipswich	ER2803	4
100 Individual Medley	1:01.22	1:01.20	521	17/03/13	Suffolk County Championships	Ipswich	CC3079	2