

# Individual Best Times (All Time)

Michael Fabes - (412591) - Abingdon Vale SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:12.06	1:10.90	274	24/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE1206	1
200 Freestyle	2:29.21	2:26.90	319	24/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE1206	1
400 Freestyle	5:09.22	5:04.60	360	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	SE1586	1
800 Freestyle	10:47.34	10:38.30	340	13/06/10	South East Region Champs	Crawley	SER023	1
1500 Freestyle	20:22.84	20:05.80	361	26/11/11	Portsmouth Northsea Christmas Cracker Meet	Portsmouth	SE1167	1
100 Breaststroke	1:34.78	1:33.40	216	22/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE1206	1
200 Breaststroke	3:16.02	3:13.30	262	29/05/10	BG South East Region Age Groups	Crawley	SER022	1
200 Backstroke	2:53.40	2:51.50	268	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	SE1586	1
200 Individual Medley	2:52.16	2:49.90	290	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	SE1586	1
400 Individual Medley	6:04.80	5:59.90	293	29/05/10	BG South East Region Age Groups	Crawley	SER022	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.28	28.00	403	29/11/15	COSC L3 Open Meet	Oxford	SE151813	3
100 Freestyle	59.47	1:00.90	428	29/11/15	COSC L3 Open Meet	Oxford	SE151813	3
200 Freestyle	2:07.19	2:09.90	476	06/02/16	Oxon & North Bucks County Champs	Aylesbury	SE160076	2
400 Freestyle	4:28.48	4:33.70	494	26/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
1500 Freestyle	18:05.70	18:24.50	474	10/01/16	Oxfordshire & North Bucks County Champs	Milton Keynes	SE160074	2
50 Breaststroke	39.41	40.20	253	14/07/13	Tigersharks Separated Medley 2013	Swindon	SW3065	3
100 Breaststroke	1:21.19	1:22.70	315	16/11/14	NDSC Wilkie Level 3 Open Meet	Newbury	SE14575	3
200 Breaststroke	2:55.18	2:58.20	322	16/06/13	Maxwell Summer Meet 2013	Aylesbury	SE3487	3
50 Butterfly	34.27	34.80	255	14/07/13	Tigersharks Separated Medley 2013	Swindon	SW3065	3
100 Butterfly	1:12.16	1:13.20	290	08/11/14	NASL2014 Round 2	Southampton	LR14630	3
50 Backstroke	34.18	34.80	270	29/11/14	COSC Nov 2014 Level 3 Open Meet	Oxford	SE4937	3
100 Backstroke	1:12.59	1:13.70	295	04/10/14	Maxwell Autumn Meet	Aylesbury	SE14110	3
200 Backstroke	2:35.35	2:37.50	314	19/01/14	Maxwell Swim Club January Meet	Aylesbury	SE4198	2
200 Individual Medley	2:21.88	2:24.60	461	13/02/16	Oxon & North Bucks County Champs	Aylesbury	SE160077	2
400 Individual Medley	5:03.69	5:09.40	462	17/01/16	Oxfordshire & North Bucks County Champs	Aylesbury	SE160075	2
100 Individual Medley	1:08.83	1:08.80	367	28/11/15	COSC L3 Open Meet	Oxford	SE151813	3