

Individual Best Times (All Time)

Robert Mills - (423509) - Stanway SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.87	27.10	422	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:01.84	1:00.50	435	18/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
200 Freestyle	2:21.30	2:18.80	376	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
50 Breaststroke	37.40	36.50	334	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Breaststroke	1:25.12	1:23.60	298	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
50 Butterfly	30.51	29.90	388	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
50 Backstroke	33.67	33.10	342	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Backstroke	1:12.73	1:11.60	357	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.63	28.40	388	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Freestyle	1:00.46	1:01.80	407	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
200 Freestyle	2:13.55	2:16.10	411	13/09/15	Basildon & Phoenix End of Season Taster Meet	Basildon	ER150235	3
400 Freestyle	5:56.00	5:59.90	211	26/06/10	Sudbury & District Open	Sudbury	ER0437	4
800 Freestyle	11:37.86	11:46.10	256	14/10/11	Deben SC Open Meet	Woodbridge	ER1336	3
1500 Freestyle	20:03.66	20:20.70	348	22/11/13	Deben Open Meet	Deben	ER3812	3
50 Breaststroke	37.12	38.00	303	13/09/15	Basildon & Phoenix End of Season Taster Meet	Basildon	ER150235	3
100 Breaststroke	1:22.13	1:23.70	304	25/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
200 Breaststroke	3:30.01	3:32.50	187	08/05/10	West Suffolk Open Meet	Bury St Edmunds	ER0147	3
50 Butterfly	30.84	31.40	350	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Butterfly	1:38.44	1:39.20	114	11/07/09	teamIpswich Summer Sprints	Ipswich	ER9360	3
200 Butterfly	3:38.69	3:40.10	116	06/12/09	Braintree & Bocking 200 Mt	Braintree	ER9594	3
50 Backstroke	32.27	32.90	321	25/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
100 Backstroke	1:10.15	1:11.30	327	21/06/15	Colchester 2nd Midsummer Madness Open Meet	Colchester	ER150925	3
200 Backstroke	3:12.07	3:13.80	166	26/06/10	Sudbury & District Open	Sudbury	ER0437	4
200 Individual Medley	2:37.70	2:40.20	335	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Individual Medley	1:10.82	1:10.80	336	21/06/15	Colchester 2nd Midsummer Madness Open Meet	Colchester	ER150925	3