

Individual Best Times (All Time)

Elliot Legg - (428652) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.48	25.70	492	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Freestyle	1:00.39	59.00	467	26/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	ER160218	1
200 Freestyle	2:17.32	2:14.80	409	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Butterfly	28.48	27.80	478	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
50 Backstroke	31.38	30.70	422	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	ER160218	1
100 Backstroke	1:08.28	1:07.10	431	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	ER160218	1
200 Backstroke	2:35.91	2:33.80	369	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.82	26.60	475	08/03/14	Norfolk County Champs & AG Comp	Thetford	CC4109	2
100 Freestyle	57.71	59.10	469	09/03/14	Norfolk County Champs & AG Comp	Thetford	CC4109	2
200 Freestyle	2:11.68	2:14.30	429	19/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
400 Freestyle	4:46.03	4:50.90	408	12/07/15	West Norfolk SC Club Championships 2015	Downham	ER151473	4
1500 Freestyle	20:44.70	21:01.20	314	12/07/15	West Norfolk Club Championships 2015	Downham	ER151474	4
50 Breaststroke	37.01	37.90	306	21/02/16	Norfolk County Championships 2016	Thetford	ER160406	2
100 Breaststroke	1:23.43	1:24.90	290	08/03/14	Norfolk County Champs & AG Comp	Thetford	CC4109	2
200 Breaststroke	3:08.71	3:11.50	258	12/07/15	West Norfolk Club Championships 2015	Downham	ER151474	4
50 Butterfly	27.65	28.30	486	18/01/14	Teamipswich January Last Chance Meet	Ipswich	ER4112	3
100 Butterfly	1:09.57	1:10.70	323	22/12/13	City of Peterborough Winter Open Meet	Peterborough	ER3876	3
50 Backstroke	29.02	29.70	442	01/03/14	Norfolk County Champs & AG Comp	Thetford	CC4108	2
100 Backstroke	1:05.61	1:06.80	399	02/03/14	Norfolk County Champs & AG Comp	Thetford	CC4108	2
200 Backstroke	2:23.70	2:26.00	397	20/02/16	Norfolk County Championships 2016	Thetford	ER160406	2
200 Individual Medley	2:32.01	2:34.60	375	02/11/13	Teamipswich Swimming November Open Meet	Ipswich	ER3536	3
100 Individual Medley	1:09.44	1:09.40	357	01/03/14	Norfolk County Champs & AG Comp	Thetford	CC4108	2