

Individual Best Times (All Time)

Oscar Van Vuren - (428849) - Worcester SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.19	27.40	408	04/07/15	City of Coventry Graham Sykes Meet	Coventry	WM150919	3
100 Freestyle	58.42	57.00	516	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
200 Freestyle	2:15.50	2:12.90	426	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
400 Freestyle	4:58.47	4:53.70	400	04/07/15	City of Coventry Graham Sykes Meet	Coventry	WM150919	3
50 Breaststroke	40.47	39.70	263	04/07/15	City of Coventry Graham Sykes Meet	Coventry	WM150919	3
50 Butterfly	32.14	31.50	332	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	SW150009	1
200 Individual Medley	2:49.75	2:47.40	302	04/07/15	City of Coventry Graham Sykes Meet	Coventry	WM150919	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.87	26.70	473	17/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
100 Freestyle	56.32	57.80	504	29/05/16	Southwold May Meet	Gloucester	SW160386	3
200 Freestyle	2:05.62	2:08.30	494	12/04/15	Gloucester City Level 2 April Open Meet	Gloucester	SW150202	2
400 Freestyle	4:41.40	4:46.30	429	09/10/16	Worcester Age Group Championships 2016	Worcester	WM161739	4
800 Freestyle	9:51.65	10:01.30	420	18/11/16	Worcester Age Group Championships 2016	Worcester	WM161741	4
1500 Freestyle	19:14.99	19:32.70	394	07/02/16	Worcester County SA County Championships	Redditch	WM160092	3
50 Breaststroke	35.95	36.80	334	10/05/14	Gloucester City L2 Open Meet	Gloucester	SW4182	2
100 Breaststroke	1:22.45	1:24.00	301	27/11/16	Worcester Age Group Championships 2016	Worcester	WM161742	4
200 Breaststroke	2:54.25	2:57.30	327	13/11/16	Worcester Age Group Championships 2016	Worcester	WM161740	4
50 Butterfly	29.43	30.10	403	18/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
100 Butterfly	1:06.88	1:08.00	364	26/11/16	Worcester Age Group Championships 2016	Worcester	WM161742	4
200 Butterfly	2:35.06	2:37.10	327	09/10/16	Worcester Age Group Championships 2016	Worcester	WM161739	4
50 Backstroke	32.40	33.00	317	27/11/16	Worcester Age Group Championships 2016	Worcester	WM161742	4
100 Backstroke	1:12.25	1:13.40	299	26/11/17	Worcester Age Group Championships 2017	Worcester	WM171883	4
200 Backstroke	2:39.90	2:42.00	288	26/11/16	Worcester Age Group Championships 2016	Worcester	WM161742	4
200 Individual Medley	2:27.81	2:30.50	408	17/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
400 Individual Medley	5:22.35	5:27.80	386	16/11/16	Worcester Age Group Championships 2016	Worcester	WM161741	4
100 Individual Medley	1:07.09	1:07.10	396	16/10/16	Worcester 20th Open Meet	Worcester	WM161558	3