

# Individual Best Times (All Time)

Thomas Holland - (456150) - Shrewsbury SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.36	29.70	326	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
100 Freestyle	1:06.29	1:05.00	353	13/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
200 Freestyle	2:18.50	2:16.00	399	12/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
400 Freestyle	4:53.20	4:48.40	422	13/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
1500 Freestyle	19:46.83	19:29.30	395	01/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
50 Breaststroke	38.48	37.70	306	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
100 Breaststroke	1:33.25	1:31.90	226	03/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
200 Breaststroke	3:14.29	3:11.50	269	03/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
50 Butterfly	32.91	32.30	309	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
100 Butterfly	1:12.66	1:11.60	315	12/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
200 Butterfly	2:40.77	2:38.80	323	13/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
50 Backstroke	34.50	33.90	318	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
100 Backstroke	1:20.11	1:19.10	267	03/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
200 Backstroke	3:05.85	3:04.00	218	15/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
200 Individual Medley	2:38.97	2:36.50	368	12/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
400 Individual Medley	5:46.12	5:41.00	343	03/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.03	29.70	334	27/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
100 Freestyle	1:02.36	1:03.70	371	21/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150060	2
200 Freestyle	2:13.81	2:16.40	409	21/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
400 Freestyle	4:37.96	4:43.00	445	28/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
1500 Freestyle	18:05.08	18:23.90	475	27/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
50 Breaststroke	36.58	37.40	317	21/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
100 Breaststroke	1:19.59	1:21.20	335	28/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
200 Breaststroke	2:49.24	2:52.30	357	27/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
50 Butterfly	32.31	32.90	305	20/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
100 Butterfly	1:09.28	1:10.40	328	23/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150061	2
200 Butterfly	2:29.53	2:31.60	364	28/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
50 Backstroke	33.83	34.40	279	24/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150061	2
100 Backstroke	1:10.36	1:11.50	324	22/02/15	Shropshire County Age Group Championships	Wolverhampton	CC150060	2
200 Backstroke	2:28.81	2:31.00	357	20/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
200 Individual Medley	2:29.19	2:31.80	396	20/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
400 Individual Medley	5:13.91	5:19.50	418	21/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
100 Individual Medley	1:12.67	1:12.70	311	27/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2