

# Individual Best Times (All Time)

Neema Nyaulingo - (457304) - Spencer Swim Team

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.81	27.10	611	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
100 Freestyle	1:01.15	59.80	604	20/03/16	Seraing Swimming Grand Prix 2016	Belgium	GBR305	1
200 Freestyle	2:15.13	2:12.50	582	19/03/16	Seraing Swimming Grand Prix 2016	Belgium	GBR305	1
400 Freestyle	4:43.18	4:38.20	574	31/03/12	City of Sheffield Premier Meet	Sheffield	NE2143	1
800 Freestyle	9:39.44	9:29.40	585	12/06/11	BG London Region Age Group Championships	London	LRX120	1
50 Breaststroke	42.10	41.30	332	21/11/09	Crawley Not So Early Bird	Crawley	SE9115	1
100 Breaststroke	1:27.35	1:25.90	395	10/04/11	Bexley Long Course Open Meet	Crystal Palace	LR1012	1
200 Breaststroke	3:21.83	3:19.20	316	18/04/09	Crawley Spring Meet 2009	Crawley	SE9114	1
50 Butterfly	40.59	40.10	218	25/10/08	Rushmoor Royals Autumn Mt	Aldershot	SE8422	2
200 Butterfly	3:36.08	3:34.60	179	25/10/08	Rushmoor Royals Autumn Mt	Aldershot	SE8422	2
50 Backstroke	32.68	32.10	555	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Backstroke	1:11.94	1:10.80	506	19/03/16	Seraing Swimming Grand Prix 2016	Belgium	GBR305	1
200 Backstroke	2:32.64	2:30.40	525	28/07/10	British Gas Nat Age Grps	Sheffield	ASA101	1
200 Individual Medley	2:41.10	2:38.60	479	05/06/11	BG London Region Bagcat Championships	London	LRX119	1
400 Individual Medley	6:08.04	6:03.20	376	13/06/09	London Bagcat Champs	London	LRX925	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.28	28.00	593	21/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
100 Freestyle	59.50	1:00.90	602	12/07/14	Hatfield Summer Spectacle at the Sports Village	Hatfield	ER4749	2
200 Freestyle	2:12.22	2:14.80	580	07/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
400 Freestyle	4:38.68	4:43.70	571	07/12/14	London Region Winter Championships	London	LRX425	2
800 Freestyle	9:47.78	9:57.50	535	05/01/15	Beckenham Club Championships 2014	Beckenham	LR150104	4
50 Breaststroke	39.43	40.20	372	27/02/11	Kent County Championships	Gillingham	CC1054	2
100 Breaststroke	1:25.55	1:27.00	387	20/02/11	Kent County Championships	Gillingham	CC1053	2
200 Breaststroke	3:09.84	3:12.60	356	29/10/11	Wandsworth Club Championships	Wandsworth	LR1734	4
50 Butterfly	34.47	35.00	353	07/12/15	Beckenham Club Championships	Beckenham	LR151575	4
100 Butterfly	1:19.56	1:20.50	313	06/01/12	Wandsworth Club Championships	Wandsworth	LR2153	4
50 Backstroke	32.00	32.60	491	21/12/14	Hillingdon Winter Open Meet 2014	Hillingdon	LR14450	2
100 Backstroke	1:08.35	1:09.50	517	22/02/15	2015 Kent County Swimming Championships	Gillingham	CC150171	2
200 Backstroke	2:29.46	2:31.70	503	03/03/12	Surrey County Age Group Championships	Guildford	CC2092	2
200 Individual Medley	2:39.61	2:42.10	445	27/02/11	Kent County Championships	Gillingham	CC1054	2
400 Individual Medley	6:08.05	6:12.80	348	28/02/09	Kent County Champs	Gillingham	CC9029	2
100 Individual Medley	1:14.33	1:14.30	439	28/02/10	Kent County Champs	Gillingham	CC0046	2