

Individual Best Times (All Time)

Dale Marshbank - (469791) - Armthorpe & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.58	26.80	435	17/03/12	Yorkshire County Championships	Sheffield	CC2043	1
100 Freestyle	1:01.49	1:00.10	442	25/02/12	Yorkshire County Championships	Leeds	CC2042	1
200 Freestyle	2:30.16	2:27.80	313	08/05/10	Sports Aid Open Meet	Leeds	NE0073	1
50 Butterfly	32.37	31.80	325	15/05/11	Rotherham Metro Level One Meet	Sheffield	NE1081	1
100 Butterfly	1:17.66	1:16.70	258	23/01/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1077	3
50 Backstroke	33.53	32.90	346	14/05/11	Rotherham Metro Level One Meet	Sheffield	NE1081	1
100 Backstroke	1:12.24	1:11.10	364	26/02/12	Yorkshire County Championships	Leeds	CC2042	1
200 Backstroke	2:42.89	2:40.80	324	23/01/11	Rotherham Metro A & B Grade Meet	Sheffield	NE1077	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.18	27.90	408	23/11/13	Armthorpe Club Championships	Armthorpe	NE3408	4
100 Freestyle	59.62	1:01.00	425	09/10/11	Yorkshire Winter Competition	Sheffield	NE1438	2
200 Freestyle	2:19.79	2:22.30	359	15/04/12	City of Derby 29th Short Course Meet	Derby	EM2052	3
50 Breaststroke	38.64	39.40	269	15/11/14	Armthorpe Schofield Home Championships	Armthorpe	NE4758	4
50 Butterfly	30.44	31.10	364	22/11/14	Armthorpe Schofield Home Championships	Armthorpe	NE4759	4
100 Butterfly	1:10.99	1:12.10	304	14/04/12	City of Derby 29th Short Course Meet	Derby	EM2052	3
50 Backstroke	31.70	32.30	339	22/11/14	Armthorpe Schofield Home Championships	Armthorpe	NE4759	4
100 Backstroke	1:08.98	1:10.10	343	08/10/11	Yorkshire Winter Competition	Sheffield	NE1438	2
200 Backstroke	2:32.04	2:34.20	335	15/04/12	City of Derby 29th Short Course Meet	Derby	EM2052	3
200 Individual Medley	2:46.12	2:48.50	287	08/09/12	Armthorpe SC Schofield Home Champs	Armthorpe	NE2562	4
100 Individual Medley	1:12.43	1:12.40	314	02/10/11	Doncaster Metropolitan Championships	Doncaster	NE1662	4