

# Individual Best Times (All Time)

George De Fraine - (480870) - Hitchin SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.74	27.00	428	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
100 Freestyle	59.03	57.60	500	08/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
200 Freestyle	2:14.10	2:11.50	440	08/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
400 Freestyle	4:58.50	4:53.80	400	11/02/12	Wycombe District Open Meet 2012	Wycombe	SE2013	1
50 Breaststroke	44.19	43.50	202	14/05/11	Wycombe & District Sprint Meet	Wycombe	SE1441	3
50 Butterfly	31.09	30.50	367	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	ER3078	3
100 Butterfly	1:24.77	1:23.90	198	13/02/10	Wycombe District Annual Meet	High Wycombe	SE0091	1
200 Butterfly	3:17.87	3:16.30	173	13/02/10	Wycombe District Annual Meet	High Wycombe	SE0091	1
50 Backstroke	32.81	32.20	369	08/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
100 Backstroke	1:12.64	1:11.50	358	08/02/14	Wycombe District Annual LC Open Meet	Wycombe	SE4140	1
200 Backstroke	2:39.18	2:37.10	347	12/05/12	City of Coventry May Open Meet	Coventry	WM2077	1
200 Individual Medley	2:47.40	2:45.00	315	16/07/11	City of Coventry Graham Sykes Open Meet	Coventry	WM1069	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.51	27.30	439	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
100 Freestyle	57.18	58.60	482	22/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
200 Freestyle	2:07.23	2:09.90	476	25/01/15	Biggleswade 16th Open Meet	Biggleswade	ER150191	3
400 Freestyle	4:48.23	4:53.10	399	21/04/12	Team Luton SC Short Course Open Meet	Watford	ER2091	3
1500 Freestyle	18:57.02	19:15.00	413	11/03/12	Hertfordshire County Championships	Hatfield	CC2103	2
50 Breaststroke	41.94	42.70	210	07/05/11	Stevenage SC May Open Meet	Stevenage	ER1341	3
100 Breaststroke	1:30.84	1:32.20	225	02/10/11	Cheshunt 7th Open Meet	Borehamwood	ER1425	3
200 Breaststroke	4:26.75	4:28.70	91	01/03/08	Hertfordshire Champs	Borehamwood	CC8008	2
50 Butterfly	29.18	29.80	414	14/03/15	Hertfordshire County Championships	Borehamwood	CC150272	2
100 Butterfly	1:07.67	1:08.80	352	08/03/14	Hertfordshire ASA County Championships	Borehamwood	CC4080	2
200 Butterfly	2:47.57	2:49.40	259	27/11/11	Hitchin SC Open Meet 2011	Hitchin	ER1460	3
50 Backstroke	30.57	31.20	378	31/01/15	Potters Bar Winter Open 2015	Potters Bar	ER150125	3
100 Backstroke	1:07.85	1:09.00	361	24/01/15	Biggleswade 16th Open Meet	Biggleswade	ER150191	3
200 Backstroke	2:33.14	2:35.30	328	25/11/12	Hitchin Open Meet	Hitchin	ER2772	3
200 Individual Medley	2:32.93	2:35.50	368	14/12/13	London National Arena Swimming League	Harlow	LR3749	3
100 Individual Medley	1:08.81	1:08.80	367	29/06/13	Potters Bar SC Summer Open Meet	Potters Bar	ER3306	3