

Individual Best Times (All Time)

Mathew Holland - (482416) - Colchester SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.57	26.80	436	06/05/12	ASA East Region Youth Championships	Basildon	ERX203	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.87	27.60	422	18/02/12	Essex County Age Group Championships	Basildon	CC2058	2
100 Freestyle	59.58	1:01.00	426	01/04/12	Essex County Championships	Basildon	CC2061	2
200 Freestyle	2:16.34	2:18.90	387	17/11/11	Colchester Club Championships	Colchester	ER1618	4
1500 Freestyle	20:04.92	20:21.90	347	01/11/11	Colchester Club Championships	Colchester	ER1618	4
50 Breaststroke	42.30	43.00	205	03/12/11	Colchester Club Championships	Colchester	ER1618	4
50 Butterfly	29.73	30.40	391	15/04/12	Halstead 3rd Short Course Open Meet	Braintree	ER2214	3
100 Butterfly	1:13.36	1:14.40	276	28/05/11	Colchester Open Meet 2011	Colchester	ER1331	3
200 Butterfly	2:54.93	2:56.70	227	15/11/11	Colchester Club Championships	Colchester	ER1618	4
50 Backstroke	31.86	32.50	334	15/04/12	Halstead 3rd Short Course Open Meet	Braintree	ER2214	3
100 Backstroke	1:09.15	1:10.30	341	15/04/12	Halstead 3rd Short Course Open Meet	Braintree	ER2214	3
200 Individual Medley	2:40.87	2:43.30	316	11/11/11	Colchester Club Championships	Colchester	ER1618	4
100 Individual Medley	1:13.43	1:13.40	302	03/12/11	Colchester Club Championships	Colchester	ER1618	4