

Individual Best Times (All Time)

Alexander Lenthall - (492434) - City of Sheffield Swim Squad Ltd

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.03	25.20	518	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1
100 Freestyle	55.08	53.50	615	26/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Freestyle	1:57.99	1:55.00	646	24/07/12	Welsh Summer National 2012	Swansea	WAL445	1
400 Freestyle	4:08.20	4:02.50	697	25/05/13	City of Sheffield No Frill Meet	Sheffield	NE3172	1
800 Freestyle	9:31.58	9:21.40	494	12/06/10	North East Region Bagcats	Sheffield	NER019	1
1500 Freestyle	18:18.66	17:59.70	498	26/03/10	City of Sheffield Premier	Sheffield	NE0069	1
50 Breaststroke	34.44	33.50	427	20/01/11	City of Sheffield Time Trials Club Champio	Sheffield	NE1226	4
100 Breaststroke	1:15.81	1:14.10	422	09/01/11	City of Derby 10th Long Course Open Meet	Sheffield	EM1029	1
200 Breaststroke	2:45.11	2:41.90	438	30/01/11	North & North West Zonal Competition	Sheffield	ZM1169	1
50 Butterfly	28.44	27.80	480	23/09/12	City of Sheffield Teaspoon Gala	Sheffield	NE2146	3
100 Butterfly	1:02.91	1:01.70	485	25/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Butterfly	2:20.28	2:18.00	486	29/01/12	ASA Northern Zonal Meet	Sheffield	ZM2220	1
50 Backstroke	33.64	33.00	343	23/09/12	City of Sheffield Teaspoon Gala	Sheffield	NE2146	3
100 Backstroke	1:15.04	1:14.00	325	27/02/11	Yorkshire County Championships	Leeds	CC1085	1
200 Individual Medley	2:24.12	2:21.40	494	30/01/11	North & North West Zonal Competition	Sheffield	ZM1169	1
400 Individual Medley	5:19.90	5:14.40	435	03/07/10	Cardiff International Open	Cardiff	WAL307	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.94	26.70	469	18/11/12	Stockport Metro November Short Course Meet	Stockport	NW2599	2
100 Freestyle	55.19	56.70	536	13/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
200 Freestyle	1:57.81	2:00.70	600	16/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1
400 Freestyle	4:17.80	4:23.20	558	19/11/11	Stockport Metro November Open Meet	Stockport	NW1482	2
50 Breaststroke	37.89	38.70	285	04/07/09	Kingston Upon Hull Meet	Hull	NE9296	3
100 Breaststroke	1:13.09	1:14.80	432	10/10/10	Yorkshire Winter Comp	Sheffield	NE0470	2
200 Breaststroke	2:39.86	2:43.10	424	06/11/10	BG North East SC Champs	Sunderland	NER029	2
50 Butterfly	33.66	34.20	269	05/07/09	Kingston Upon Hull Meet	Hull	NE9296	3
100 Butterfly	1:01.55	1:02.80	467	14/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1
200 Butterfly	2:18.27	2:20.50	461	19/11/11	Stockport Metro November Open Meet	Stockport	NW1482	2
50 Backstroke	37.26	37.80	208	05/07/09	Kingston Upon Hull Meet	Hull	NE9296	3
100 Backstroke	1:08.12	1:09.30	357	09/09/13	City of Sheffield Time Trials	Sheffield	NE3952	4
200 Individual Medley	2:19.92	2:22.70	481	14/10/12	Yorkshire SA Winter Competition 2012	Sheffield	NE2844	2
100 Individual Medley	1:20.61	1:20.60	228	20/07/08	Rotherham Metro Meet	Sheffield	NE8045	3