

Individual Best Times (All Time)

Michael Johnson - (501116) - Alton & District Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.36	27.60	400	16/03/14	Hampshire County Championships	Portsmouth	CC4116	1
100 Freestyle	1:00.31	58.90	469	19/04/14	Rushmoor Royals Easter L1 Open Meet	Aldershot	SE4395	1
50 Breaststroke	34.83	33.90	413	19/04/14	Rushmoor Royals Easter L1 Open Meet	Aldershot	SE4395	1
100 Breaststroke	1:19.79	1:18.20	362	20/04/14	Rushmoor Royals Easter L1 Open Meet	Aldershot	SE4395	1
200 Breaststroke	3:08.29	3:05.50	295	16/03/13	Hampshire County Championships	Portsmouth	CC3086	1
50 Butterfly	30.83	30.20	376	19/04/14	Rushmoor Royals Easter L1 Open Meet	Aldershot	SE4395	1
100 Butterfly	1:14.59	1:13.60	291	17/03/13	Hampshire County Championships	Portsmouth	CC3086	1
50 Backstroke	34.43	33.80	320	17/03/13	Hampshire County Championships	Portsmouth	CC3086	1
200 Individual Medley	2:35.30	2:32.70	395	16/03/14	Hampshire County Championships	Portsmouth	CC4116	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.35	28.10	400	27/09/14	Alton & District Club Championships	Alton	SE14156	4
100 Freestyle	58.68	1:00.10	446	29/06/14	Fareham Nomads Summer Open Meet	Waterlooville	SE4632	3
200 Freestyle	2:21.59	2:24.00	345	03/11/12	Alton & District Club Championships	Alton	SE2712	4
400 Freestyle	5:13.08	5:17.50	311	21/01/12	Alton & District Club Championships	Alton	SE2557	4
800 Freestyle	14:26.41	14:33.10	134	14/07/08	Alton Club Champs	Alton	SE8305	4
1500 Freestyle	28:05.85	28:18.10	126	21/09/09	Alton & Dist Club Champs	Alton	SE9351	4
50 Breaststroke	34.38	35.30	382	22/06/14	Havant & Waterlooville Midsummer Open 2014	Waterlooville	SE4631	3
100 Breaststroke	1:15.66	1:17.30	390	13/12/14	NASL 2014 Round 3	Guildford	LR14700	3
200 Breaststroke	2:46.60	2:49.70	375	01/11/14	Alton & District Club Championships	Alton	SE14158	4
50 Butterfly	30.58	31.20	359	27/09/14	Alton & District Club Championships	Alton	SE14156	4
100 Butterfly	1:10.62	1:11.70	309	27/09/14	Alton & District Club Championships	Alton	SE14156	4
200 Butterfly	2:53.40	2:55.20	233	03/11/12	Alton & District Club Championships	Alton	SE2712	4
50 Backstroke	32.53	33.10	313	18/10/14	Alton & District Autumn Winter Champs	Alton	SE14157	4
100 Backstroke	1:14.86	1:15.90	269	17/11/12	Alton & District Club Championships	Alton	SE2712	4
200 Backstroke	2:46.06	2:48.10	257	29/10/11	Alton & District Autumn Club Championships	Alton	SE1565	4
200 Individual Medley	2:27.19	2:29.80	413	01/11/14	Alton & District Club Championships	Alton	SE14158	4
400 Individual Medley	5:25.62	5:31.00	374	11/01/14	Alton & District Club Championships	Alton	SE4018	4
100 Individual Medley	1:08.93	1:08.90	365	19/10/13	Alton & District Autumn Winter Club Champs	Alton	SE3532	4