

Individual Best Times (All Time)

Lewis Kerrod - (514222) - Loughborough University Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.75	22.90	682	29/07/17	British Summer Championships	Sheffield	BSW002	1
100 Freestyle	51.18	49.50	767	27/07/17	British Summer Championships	Sheffield	BSW002	1
200 Freestyle	1:53.09	1:50.00	733	30/07/17	British Summer Championships	Sheffield	BSW002	1
400 Freestyle	4:13.96	4:08.40	650	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	EM170474	1
1500 Freestyle	16:49.21	16:28.60	642	31/07/14	BG ASA National Age Groups Champs 2014	Sheffield	ASA134	1
50 Breaststroke	37.93	37.10	320	01/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
100 Breaststroke	1:23.60	1:22.10	314	02/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
200 Breaststroke	3:06.94	3:04.10	302	24/02/13	Leicestershire County Age Groups Champs	Loughborough	CC3058	1
50 Butterfly	25.57	24.80	660	30/07/17	British Summer Championships	Sheffield	BSW002	1
100 Butterfly	56.05	54.70	686	27/07/18	British Summer Championships	Sheffield	BSW006	1
200 Butterfly	2:17.29	2:15.00	519	17/05/15	City of Leeds National Qualifying Meet 2015	Leeds	NE150110	1
50 Backstroke	28.69	28.00	553	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
100 Backstroke	1:01.16	59.80	600	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	NE180164	1
200 Backstroke	2:29.60	2:27.40	418	07/06/14	Midland Age Group Championships 2014	Coventry	WMR414	1
200 Individual Medley	2:14.22	2:11.30	612	26/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
400 Individual Medley	5:02.85	4:57.00	513	14/06/14	Midland Age Group Championships 2014	Coventry	WMR415	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.80	24.70	607	06/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
100 Freestyle	50.68	52.30	692	08/10/17	Swim England National County Team Div 1 Champs	Sheffield	ENG003	2
200 Freestyle	1:49.84	1:52.90	740	19/11/17	The 2017 Leicester Open Meet	Braunstone	EM171675	2
400 Freestyle	3:56.59	4:02.40	722	07/04/17	The 2017 Leicester Age Group Meet	Braunstone	EM170639	3
1500 Freestyle	16:41.56	17:01.90	604	27/02/15	Leicestershire County Age Groups & Championships	Leicester	EM150151	2
50 Breaststroke	39.02	39.80	261	17/03/13	Leicestershire County Championships	Braunstone	CC3060	2
100 Breaststroke	1:20.64	1:22.20	322	28/09/13	Leicester Penguins Club Championships	Braunstone	EM3235	4
200 Breaststroke	2:48.66	2:51.80	361	08/03/14	Leicestershire County Age Groups & Champs	Braunstone	CC4072	2
50 Butterfly	25.39	26.10	628	21/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	NW180649	2
100 Butterfly	55.88	57.20	625	08/10/17	Swim England National County Team Div 1 Champs	Sheffield	ENG003	2
200 Butterfly	2:08.51	2:10.90	574	19/12/15	ASA Winter Meet	Sheffield	ASA146	2
50 Backstroke	26.91	27.60	554	10/03/18	The 2018 Leicester Age Group Meet	Braunstone	EM180038	3
100 Backstroke	58.55	59.90	562	19/11/17	The 2017 Leicester Open Meet	Braunstone	EM171675	2
200 Backstroke	2:13.92	2:16.40	490	24/09/17	Leicester Sharks Club Championships	Nuneaton	EM171673	4
200 Individual Medley	2:10.70	2:13.70	590	19/11/16	The Leicester Open	Braunstone	EM161964	2
400 Individual Medley	4:56.51	5:02.40	496	06/12/14	Midland Short Course Championships	Rugby	WM14348	2
100 Individual Medley	1:01.12	1:01.10	524	24/09/17	Leicester Sharks Club Championships	Nuneaton	EM171673	4