

Individual Best Times (All Time)

Alastair Sanders - (518717) - Shepway Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.18	27.90	408	05/12/15	Whitecliffs Winter Wonderland	Dover	SE152363	3
100 Freestyle	59.06	1:00.50	437	06/11/15	Folkestone Club Championships	Folkestone	SE152144	4
200 Freestyle	2:15.91	2:18.40	390	21/11/16	Folkestone Club Championships	Folkestone	SE162176	4
400 Freestyle	4:57.91	5:02.60	361	18/11/16	Folkestone Club Championships	Folkestone	SE162175	4
1500 Freestyle	20:03.88	20:20.90	348	30/11/15	Folkestone Sports Centre SC Club Championships	Folkestone	SE152149	4
50 Breaststroke	36.00	36.90	332	14/11/16	Folkestone Club Championships	Folkestone	SE162174	4
100 Breaststroke	1:20.80	1:22.30	320	07/11/16	Folkestone Club Championships	Folkestone	SE162172	4
200 Breaststroke	2:59.78	3:02.70	298	27/11/15	Folkestone Sports Centre SC Club Championships	Folkestone	SE152148	4
50 Butterfly	30.50	31.10	362	23/11/15	Folkestone Sports Centre Club Championships	Folkestone	SE152147	4
100 Butterfly	1:08.17	1:09.30	344	05/12/15	Whitecliffs Winter Wonderland	Dover	SE152363	3
200 Butterfly	2:54.07	2:55.90	231	06/11/15	Folkestone Club Championships	Folkestone	SE152144	4
50 Backstroke	32.09	32.70	327	06/11/15	Folkestone Club Championships	Folkestone	SE152144	4
100 Backstroke	1:10.47	1:11.60	322	16/11/15	Folkestone Sports Centre Club Championships	Folkestone	SE152146	4
200 Backstroke	2:37.53	2:39.60	301	14/11/16	Folkestone Club Championships	Folkestone	SE162174	4
200 Individual Medley	2:31.78	2:34.40	376	07/11/16	Folkestone Club Championships	Folkestone	SE162172	4
400 Individual Medley	5:32.12	5:37.40	353	27/11/15	Folkestone Sports Centre SC Club Championships	Folkestone	SE152148	4
100 Individual Medley	1:08.75	1:08.80	368	21/11/16	Folkestone Club Championships	Folkestone	SE162176	4