

Individual Best Times (All Time)

Sean Marshall - (560510) - Northampton Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.35	30.70	296	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
100 Freestyle	1:11.33	1:10.10	283	18/03/12	Northamptonshire County Championships	Corby	CC2086	1
200 Freestyle	2:41.99	2:39.80	249	18/03/12	Northamptonshire County Championships	Corby	CC2086	1
400 Freestyle	6:41.19	6:37.70	165	11/07/10	Northampton Summer Meet	Corby	EM0635	4
50 Breaststroke	43.03	42.30	219	12/02/12	Northamptonshire County Championships	Corby	CC2085	1
100 Breaststroke	1:33.54	1:32.20	224	17/03/12	Northamptonshire County Championships	Corby	CC2086	1
200 Breaststroke	3:13.53	3:10.80	272	18/03/12	Northamptonshire County Championships	Corby	CC2086	1
50 Butterfly	38.03	37.50	200	18/03/12	Northamptonshire County Championships	Corby	CC2086	1
100 Butterfly	1:33.00	1:32.20	150	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
50 Backstroke	40.17	39.70	201	17/03/12	Northamptonshire County Championships	Corby	CC2086	1
100 Backstroke	1:26.84	1:25.90	209	12/02/12	Northamptonshire County Championships	Corby	CC2085	1
200 Backstroke	2:58.27	2:56.40	247	18/03/12	Northamptonshire County Championships	Corby	CC2086	1
200 Individual Medley	2:55.68	2:53.40	273	12/02/12	Northamptonshire County Championships	Corby	CC2085	1
400 Individual Medley	6:15.36	6:10.60	269	17/03/12	Northamptonshire County Championships	Corby	CC2086	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.07	31.70	273	15/04/12	Rugby SC Open Meet	Rugby	WM2011	3
100 Freestyle	1:13.73	1:14.90	224	26/06/11	City of Milton Keynes End of Season Gala	Milton Keynes	SE1136	3
200 Freestyle	2:33.59	2:35.80	270	26/02/12	City of Peterborough Mini Grand Prix Gala	Peterborough	ER2062	4
50 Breaststroke	42.73	43.50	199	22/01/12	Biggleswade Open Meet	Biggleswade	ER2056	3
100 Breaststroke	1:31.25	1:32.60	222	15/04/12	Rugby SC Open Meet	Rugby	WM2011	3
200 Breaststroke	3:09.89	3:12.70	253	14/04/12	Rugby SC Open Meet	Rugby	WM2011	3
50 Butterfly	36.16	36.70	217	15/04/12	Rugby SC Open Meet	Rugby	WM2011	3
100 Butterfly	1:34.48	1:35.30	129	30/04/11	Rugby SC Open Meet 2011	Rugby	WM1288	3
50 Backstroke	37.58	38.10	203	14/04/12	Rugby SC Open Meet	Rugby	WM2011	3
100 Backstroke	1:21.24	1:22.20	210	22/01/12	Biggleswade Open Meet	Biggleswade	ER2056	3
200 Individual Medley	2:54.71	2:57.00	247	14/04/12	City of Peterborough Mini Meet Grand Prix	Peterborough	ER2063	4
400 Individual Medley	6:15.28	6:19.90	244	15/04/12	Rugby SC Open Meet	Rugby	WM2011	3
100 Individual Medley	1:24.90	1:24.90	195	01/10/11	Leicester Penguins 26th Open Meet	Braunstone	EM1318	2