

Individual Best Times (All Time)

Paul Scott - (710051) - Folkestone SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.25	30.00	327	16/11/15	Folkestone Sports Centre Club Championships	Folkestone	SE152146	4
100 Freestyle	1:05.66	1:06.90	318	11/11/16	Folkestone Club Championships	Folkestone	SE162173	4
200 Freestyle	2:26.53	2:28.90	311	21/11/16	Folkestone Club Championships	Folkestone	SE162176	4
400 Freestyle	5:32.03	5:36.20	261	16/11/15	Folkestone Sports Centre Club Championships	Folkestone	SE152146	4
1500 Freestyle	21:57.72	22:13.30	265	30/11/15	Folkestone Sports Centre SC Club Championships	Folkestone	SE152149	4
50 Breaststroke	37.81	38.60	287	14/11/16	Folkestone Club Championships	Folkestone	SE162174	4
100 Breaststroke	1:25.57	1:27.00	269	07/11/16	Folkestone Club Championships	Folkestone	SE162172	4
200 Breaststroke	3:09.20	3:12.00	256	27/11/15	Folkestone Sports Centre SC Club Championships	Folkestone	SE152148	4
50 Butterfly	36.37	36.90	213	21/11/16	Folkestone Club Championships	Folkestone	SE162176	4
100 Butterfly	1:25.82	1:26.70	172	13/12/14	NASLS 2014 Round Three	Gillingham	LR14706	3
50 Backstroke	37.16	37.70	210	06/11/15	Folkestone Club Championships	Folkestone	SE152144	4
100 Backstroke	1:22.65	1:23.60	199	18/11/16	Folkestone Club Championships	Folkestone	SE162175	4
200 Backstroke	3:09.45	3:11.20	173	30/06/14	Folkestone Club Championships	Folkestone	SE4835	4
200 Individual Medley	2:48.84	2:51.20	273	07/11/16	Folkestone Club Championships	Folkestone	SE162172	4
100 Individual Medley	1:15.53	1:15.50	277	21/11/16	Folkestone Club Championships	Folkestone	SE162176	4