

Individual Best Times (All Time)

Mark Greenaway - (729326) - Dereham & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.39	27.60	399	03/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
100 Freestyle	1:00.66	59.30	460	13/01/18	Norfolk County Championships 2018	Norwich	ER180289	1
200 Freestyle	2:14.12	2:11.50	439	06/01/18	Norfolk County Championships 2018	Norwich	ER180288	1
400 Freestyle	4:43.63	4:38.60	467	13/01/18	Norfolk County Championships 2018	Norwich	ER180289	1
50 Breaststroke	38.09	37.30	316	06/01/18	Norfolk County Championships 2018	Norwich	ER180288	1
100 Breaststroke	1:24.28	1:22.80	307	13/01/18	Norfolk County Championships 2018	Norwich	ER180289	1
200 Individual Medley	2:38.62	2:36.10	371	06/01/18	Norfolk County Championships 2018	Norwich	ER180288	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.49	28.20	394	01/10/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
100 Freestyle	58.48	59.90	450	11/10/21	Dereham and District ASC Annual Sprints	Dereham	ER210968	4
200 Freestyle	2:06.68	2:09.40	482	28/11/21	Dereham & District ASC Roger Virgoe	Dereham	ER211440	4
400 Freestyle	4:27.36	4:32.60	500	21/07/17	Dereham & District ASC Roger Virgoe	Dereham	ER171108	4
800 Freestyle	9:34.88	9:44.80	458	15/07/19	DDASC Long Distance Meet	Dereham LC	ER191830	4
1500 Freestyle	18:17.75	18:36.40	459	18/11/17	Dereham & District Annual Sprints 2017	Dereham	ER172070	4
50 Breaststroke	35.58	36.50	344	20/11/23	Dereham & District ASC Annual Sprints 2023	Dereham	ER232067	4
100 Breaststroke	1:18.67	1:20.30	346	14/10/23	National Arena Swimming League East Mids R1 2023	Norwich	EM232258	2
200 Breaststroke	2:50.45	2:53.50	350	20/07/23	Dereham & District ASC Roger Virgoe Meet 2023	Dereham	ER231165	4
50 Butterfly	31.66	32.30	324	20/11/22	Dereham & District ASC Annual Sprints 2022	Dereham	ER222221	4
100 Butterfly	1:18.08	1:19.00	229	22/11/15	Dereham Otters Annual Gala	Dereham	ER152232	3
200 Butterfly	2:55.75	2:57.50	224	30/11/21	Dereham & District ASC Roger Virgoe	Dereham	ER211440	4
50 Backstroke	34.94	35.50	253	06/09/15	Thetford Dolphins Nifty 50's Sprints Meet	Thetford	ER151529	3
100 Backstroke	1:13.77	1:14.90	281	22/11/15	Dereham Otters Annual Gala	Dereham	ER152232	3
200 Backstroke	2:31.52	2:33.70	338	14/07/22	Dereham and District ASC Roger Virgoe	Dereham	ER221160	4
200 Individual Medley	2:29.43	2:32.00	394	03/12/21	Dereham & District ASC Roger Virgoe	Dereham	ER211441	4
400 Individual Medley	5:22.65	5:28.10	385	06/07/15	Dereham & District Roger Virgo 2015	Dereham	ER151246	4
100 Individual Medley	1:09.57	1:09.60	355	20/11/22	Dereham & District ASC Annual Sprints 2022	Dereham	ER222221	4