

# Individual Best Times (All Time)

Scott Greenaway - (729327) - Dereham & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.06	28.30	372	02/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
100 Freestyle	1:03.79	1:02.50	396	10/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
200 Freestyle	2:19.20	2:16.70	393	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
400 Freestyle	4:56.02	4:51.20	410	13/01/18	Norfolk County Championships 2018	Norwich	ER180289	1
800 Freestyle	10:13.02	10:03.50	401	19/01/20	Norfolk County Championships 2020	Norwich	ER200472	1
50 Breaststroke	38.49	37.70	306	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.98	28.70	374	25/06/23	Swim England Norfolk County Challenge 2023	Dereham	ER231032	3
100 Freestyle	1:00.70	1:02.10	403	20/11/21	Dereham & District SC November 2021 Dual Meet	Dereham	ER211263	3
200 Freestyle	2:12.00	2:14.60	426	30/06/15	Dereham & District Roger Virgo 2015	Dereham	ER151245	4
400 Freestyle	4:40.69	4:45.60	432	07/07/15	Dereham & District Roger Virgo 2015	Dereham	ER151246	4
800 Freestyle	9:49.69	9:59.40	425	02/12/21	Dereham & District ASC Roger Virgoe	Dereham	ER211441	4
1500 Freestyle	18:41.73	19:00.00	430	28/11/15	Dereham Otters Annual Gala	Dereham	ER152233	3
50 Breaststroke	37.65	38.50	291	18/11/19	DDASC Annual Sprints	Dereham	ER192089	4
100 Breaststroke	1:22.35	1:23.90	302	18/11/19	DDASC Annual Sprints	Dereham	ER192089	4
200 Breaststroke	2:55.40	2:58.40	321	29/11/21	Dereham & District ASC Roger Virgoe	Dereham	ER211440	4
50 Butterfly	33.08	33.60	284	20/11/22	Dereham & District ASC Annual Sprints 2022	Dereham	ER222221	4
100 Butterfly	1:14.46	1:15.50	264	20/11/22	Dereham & District ASC Annual Sprints 2022	Dereham	ER222221	4
200 Butterfly	2:43.37	2:45.30	279	19/07/23	Dereham & District ASC Roger Virgoe Meet 2023	Dereham	ER231165	4
50 Backstroke	34.90	35.50	254	14/11/21	Dereham & District SC November 2021 Dual Meet	Dereham	ER211262	3
100 Backstroke	1:17.19	1:18.20	245	22/11/15	Dereham Otters Annual Gala	Dereham	ER152232	3
200 Backstroke	2:37.08	2:39.20	304	14/07/22	Dereham & District ASC Roger Virgoe Meet 2023	Dereham	ER231165	4
200 Individual Medley	2:33.19	2:35.70	366	18/07/23	Dereham & District ASC Roger Virgoe Meet 2023	Dereham	ER231165	4
400 Individual Medley	5:32.74	5:38.00	351	01/12/21	Dereham & District ASC Roger Virgoe	Dereham	ER211440	4
100 Individual Medley	1:12.05	1:12.10	319	17/11/19	DDASC Annual Sprints	Dereham	ER192088	4