

Individual Best Times (All Time)

Sascha Kindred - (7315) - City of Hereford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.11	31.50	276	04/04/08	British Champs (50m) 2008	Sheffield	ASA077	1
100 Freestyle	1:09.83	1:08.60	302	08/08/14	2014 IPC Swimming European Championships	Eindhoven	DIS101	1
400 Freestyle	5:21.74	5:17.30	320	01/08/15	British Summer Championships	Sheffield	ASA141	1
50 Breaststroke	38.84	38.00	298	23/06/05	German Open 2005	Berlin	DIS023	1
100 Breaststroke	1:22.18	1:20.60	331	09/09/08	Paralympics Games 2008	Beijing, China	DIS048	1
50 Butterfly	32.09	31.50	334	28/04/11	IDM Berlin	Berlin	DIS102	1
100 Butterfly	1:10.26	1:09.20	348	16/04/15	German International Open 2015	Berlin	DIS105	1
100 Backstroke	1:22.21	1:21.20	247	24/10/09	IPC European Champs	Iceland	DIS067	1
200 Individual Medley	2:38.47	2:36.00	372	12/09/16	Paralympics Games 2016	Rio	DIS112	1
400 Individual Medley	5:59.62	5:54.70	306	23/06/05	German Open 2005	Berlin	DIS023	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.05	32.70	248	27/11/11	National Disability 25m Championships 2011	Sheffield	DIS083	2
100 Freestyle	1:08.91	1:10.10	275	22/11/14	BG Para-Swimming Championships	Manchester	DIS103	2
400 Freestyle	5:10.77	5:15.30	318	23/11/14	BG Para-Swimming Championships	Manchester	DIS103	2
50 Breaststroke	37.90	38.70	285	22/10/05	DSE Short Course Meet	Sheffield	DIS027	2
100 Breaststroke	1:20.74	1:22.30	320	26/08/04	2004 British Championships 25m	Manchester	ASA045	2
200 Breaststroke	2:56.45	2:59.40	315	04/02/06	Bolton & Manchester	Machester	NW6053	2
50 Butterfly	31.38	32.00	332	04/12/09	IPC World Championships	Brazil	DIS068	2
100 Butterfly	1:08.76	1:09.90	335	21/11/09	DSE Open SC 2009	Sheffield	DIS069	2
50 Backstroke	37.26	37.80	208	21/11/09	DSE Open SC 2009	Sheffield	DIS069	2
100 Backstroke	1:24.61	1:25.60	186	09/11/02	DSE Short Course Champs 2002	Sheffield	DIS009	2
200 Individual Medley	2:39.27	2:41.70	326	22/11/14	BG Para-Swimming Championships	Manchester	DIS103	2
100 Individual Medley	1:14.67	1:14.70	287	02/12/09	IPC World Championships	Brazil	DIS068	2