

# Individual Best Times (All Time)

Marcus Holmes - (754059) - Trowbridge ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.93	30.20	308	12/07/14	Torfaen Dolphins Non National Qualifier 2014	Bristol	SW4593	3
100 Freestyle	1:09.40	1:08.20	307	12/07/14	Torfaen Dolphins Non National Qualifier 2014	Bristol	SW4593	3
400 Freestyle	5:30.43	5:26.10	295	13/07/14	Torfaen Dolphins Non National Qualifier 2014	Bristol	SW4593	3
50 Butterfly	33.53	33.00	292	13/07/14	Torfaen Dolphins Non National Qualifier 2014	Bristol	SW4593	3
100 Butterfly	1:19.62	1:18.70	239	13/07/14	Torfaen Dolphins Non National Qualifier 2014	Bristol	SW4593	3
50 Backstroke	37.97	37.40	238	13/07/14	Torfaen Dolphins Non National Qualifier 2014	Bristol	SW4593	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.96	29.70	337	17/01/16	Wiltshire Age Groups Championships	Swindon	SW160240	2
100 Freestyle	1:03.98	1:05.30	344	17/07/16	Trowbridge Club Championships	Trowbridge	SW160896	4
200 Freestyle	2:26.05	2:28.40	314	01/11/14	Trowbridge Meet	Trowbridge	SW14333	4
400 Freestyle	5:35.44	5:39.60	253	04/05/14	Trowbridge L3 Open Meet	Trowbridge	SW4444	3
50 Breaststroke	58.23	58.80	78	27/05/12	Tigersharks ASC Seperated Medley Open Meet	Swindon	SW2045	3
50 Butterfly	31.25	31.90	337	17/01/16	Wiltshire Age Groups Championships	Swindon	SW160240	2
100 Butterfly	1:10.05	1:11.10	317	16/07/16	Trowbridge Club Championships	Trowbridge	SW160896	4
200 Butterfly	2:45.83	2:47.70	267	02/11/14	Trowbridge Meet	Trowbridge	SW14333	4
50 Backstroke	37.22	37.80	209	17/01/15	Trowbridge County Qualifier Open January Meet	Trowbridge	SW150323	3
100 Backstroke	1:32.13	1:33.00	144	26/10/13	Trowbridge ASC Club Championships 2013	Trowbridge	SW3882	4
100 Individual Medley	1:30.57	1:30.60	161	27/10/13	Trowbridge ASC Club Championships 2013	Trowbridge	SW3882	4