

# Individual Best Times (All Time)

Matthew Paines - (767522) - Beau Sejour Barracuda SC

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                          | Venue    | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|-----------------------------------------------|----------|----------|-------|
| 50 Freestyle          | 30.40   | 31.10           | 291       | 02/03/16 | Beau Sejour Barracudas Specsavers Series 2016 | Guernsey | SE160829 | 4     |
| 100 Freestyle         | 1:10.76 | 1:11.90         | 254       | 04/06/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150415 | 4     |
| 200 Freestyle         | 2:32.46 | 2:34.70         | 276       | 25/03/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150414 | 4     |
| 400 Freestyle         | 5:40.32 | 5:44.40         | 242       | 14/10/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150420 | 4     |
| 50 Breaststroke       | 43.03   | 43.80           | 194       | 24/05/15 | The Specsavers Open Meet                      | Guernsey | SE150255 | 3     |
| 100 Breaststroke      | 1:32.04 | 1:33.40         | 216       | 10/06/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150416 | 4     |
| 200 Breaststroke      | 3:12.83 | 3:15.60         | 241       | 20/11/15 | Rothschilds Island Championship               | Guernsey | SE151707 | 3     |
| 50 Butterfly          | 41.25   | 41.70           | 146       | 11/03/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150413 | 4     |
| 100 Butterfly         | 1:29.01 | 1:29.90         | 154       | 10/06/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150416 | 4     |
| 200 Butterfly         | 3:32.70 | 3:34.20         | 126       | 23/09/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150418 | 4     |
| 50 Backstroke         | 40.69   | 41.20           | 160       | 11/03/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150413 | 4     |
| 100 Backstroke        | 1:23.84 | 1:24.80         | 191       | 04/06/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150415 | 4     |
| 200 Backstroke        | 3:04.78 | 3:06.60         | 186       | 09/09/15 | Beau Sejour Barracudas Specsavers Series      | Guernsey | SE150417 | 4     |
| 200 Individual Medley | 2:58.22 | 3:00.40         | 232       | 24/05/15 | The Specsavers Open Meet                      | Guernsey | SE150255 | 3     |
| 100 Individual Medley | 1:20.97 | 1:21.00         | 225       | 20/11/15 | Rothschilds Island Championship               | Guernsey | SE151707 | 3     |