

Individual Best Times (All Time)

Luke Witten - (783492) - Long Eaton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.03	26.20	462	04/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
100 Freestyle	59.86	58.40	479	24/07/22	East Midlands Summer Festival	Derby	EM221414	3
200 Freestyle	2:29.15	2:26.80	319	07/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	EM180704	3
50 Breaststroke	30.78	29.70	599	02/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	EM230359	1
100 Breaststroke	1:11.98	1:10.20	493	01/04/23	Derventio eXcel Spring Qualifier Meet 2023	Sheffield	EM230359	1
200 Breaststroke	2:45.56	2:42.30	435	27/03/22	Corby ASC Annual LC Open Meet	Corby	EM220112	3
50 Butterfly	29.34	28.70	437	10/02/24	Derbyshire ASA County Championships 2024	Derby	EM240092	1
100 Butterfly	1:34.46	1:33.60	143	12/03/17	City of Sheffield March Madness	Sheffield	NE170247	3
50 Backstroke	30.38	29.70	465	26/03/22	Corby ASC Annual LC Open Meet	Corby	EM220112	3
100 Backstroke	1:08.21	1:07.00	432	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
200 Individual Medley	2:30.62	2:28.00	433	12/12/21	Derbyshire ASA LC Competition 2021 - Level 1	Ponds Forge	EM210639	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.97	26.80	467	15/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
100 Freestyle	58.19	59.60	457	16/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
200 Freestyle	2:07.27	2:10.00	475	15/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
400 Freestyle	4:41.35	4:46.30	429	14/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
50 Breaststroke	30.19	31.20	564	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Breaststroke	1:09.67	1:11.50	499	26/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220032	2
200 Breaststroke	2:40.98	2:44.20	415	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
50 Butterfly	29.25	29.90	411	05/12/21	Chesterfield SC Winter Open Championships 2021	Matlock	EM211450	3
100 Butterfly	1:06.56	1:07.70	369	19/03/22	City of Derby 38th Licensed Open Meet	Matlock	EM220233	3
50 Backstroke	29.22	29.90	433	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
100 Backstroke	1:05.02	1:06.20	410	20/03/22	City of Derby 38th Licensed Open Meet	Matlock	EM220233	3
200 Backstroke	2:34.22	2:36.40	321	17/07/22	Long Eaton Club Championships	Long Eaton	EM221030	4
200 Individual Medley	2:24.54	2:27.20	436	16/07/23	Long Eaton Club Championships 2023	Long Eaton	EM231099	4
400 Individual Medley	5:17.25	5:22.70	405	13/07/22	Long Eaton Club Championships	Long Eaton	EM221029	4
100 Individual Medley	1:04.13	1:04.10	453	27/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220032	2