

Individual Best Times (All Time)

Patrick Ikhenah - (79940) - City of Linc Pentaqua SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.69	23.80	607	07/08/10	British Gas Youth Champs	Sheffield	ASA102	1
100 Freestyle	56.02	54.50	585	12/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1
200 Freestyle	2:11.71	2:09.10	464	25/07/08	National Age Groups 2008	Sheffield	ASA081	1
400 Freestyle	4:47.47	4:42.50	448	07/06/08	Midlands Age Group Champs	Coventry	WMR813	1
50 Breaststroke	32.98	32.00	487	01/05/10	Midland Youth Champs	Coventry	WMR014	1
100 Breaststroke	1:17.63	1:16.00	393	14/06/08	Midland Age Group Champs	Coventry	WMR814	1
200 Breaststroke	2:56.24	2:53.20	360	10/06/07	East & West Midland Bagcat	Coventry	WMR709	1
50 Butterfly	28.27	27.60	488	24/01/09	Burns Meet 2009	Sheffield	NE9034	1
100 Butterfly	1:05.11	1:03.90	438	08/06/08	Midlands Age Group Champs	Coventry	WMR813	1
50 Backstroke	42.60	42.10	168	01/10/05	Robin Hood Open Meet	Sheffield	EM5008	2
100 Backstroke	1:19.92	1:18.90	269	08/10/06	City of Leeds Junior Open	Leeds	NE6154	2
200 Backstroke	2:53.75	2:51.80	267	08/10/06	City of Leeds Junior Open	Leeds	NE6154	2
200 Individual Medley	2:31.55	2:28.90	425	08/06/08	Midlands Age Group Champs	Coventry	WMR813	1
400 Individual Medley	5:45.68	5:40.60	345	10/06/06	Midlands Age Groups	Coventry	WMR620	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.04	24.90	589	02/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
100 Freestyle	53.74	55.30	580	03/03/12	Lincolnshire County Championships	Louth	CC2036	2
200 Freestyle	2:02.67	2:05.50	531	26/04/08	City of Leicester Open	Braunstone	EM8139	2
400 Freestyle	4:36.16	4:41.20	454	15/03/08	Lincolnshire County Chps	Grantham	CC8018	2
50 Breaststroke	31.55	32.50	494	06/11/10	BG Midland Winter Champs	Corby	WMR025	2
100 Breaststroke	1:11.51	1:13.20	461	15/03/08	Lincolnshire County Chps	Grantham	CC8018	2
200 Breaststroke	2:42.37	2:45.60	405	26/04/08	City of Leicester Open	Braunstone	EM8139	2
50 Butterfly	27.35	28.00	502	27/03/10	Lincolnshire County Championships	Louth	CC0121	2
100 Butterfly	1:01.72	1:02.90	463	14/03/09	Lincolnshire County Champs	Grantham	CC9021	2
200 Butterfly	3:04.75	3:06.50	193	08/04/06	Peterborough Open	Peterborough	ER6012	2
50 Backstroke	30.03	30.70	399	12/03/11	Lincolnshire County Championships	Louth	CC1014	2
100 Backstroke	1:06.89	1:08.10	377	20/03/10	Lincolnshire County Championships	Grantham	CC0120	2
200 Backstroke	2:36.96	2:39.10	304	15/03/08	Lincolnshire County Chps	Grantham	CC8018	2
200 Individual Medley	2:22.25	2:25.00	457	27/04/08	City of Leicester Open	Braunstone	EM8139	2
400 Individual Medley	5:35.53	5:40.70	342	24/03/07	Lincolnshire Champs	Grantham	CC7047	2
100 Individual Medley	1:02.30	1:02.30	494	08/11/09	Midland SC Champs 2009	Corby	WMR928	2