

Individual Best Times (All Time)

Michael Pentland - (804609) - City Of Milton Keynes

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.55	29.90	320	01/03/15	City of Sheffield Swim Squad Mini Qualifier	Sheffield	NE150213	3
100 Freestyle	56.48	55.00	571	16/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
50 Breaststroke	42.18	41.40	232	01/03/15	City of Sheffield Swim Squad Mini Qualifier	Sheffield	NE150213	3
50 Butterfly	37.30	36.80	212	01/03/15	City of Sheffield Swim Squad Mini Qualifier	Sheffield	NE150213	3
50 Backstroke	35.87	35.30	282	01/03/15	City of Sheffield Swim Squad Mini Qualifier	Sheffield	NE150213	3
100 Backstroke	1:18.59	1:17.60	283	01/03/15	City of Sheffield Swim Squad Mini Qualifier	Sheffield	NE150213	3
200 Backstroke	3:19.65	3:18.00	176	07/05/11	City of Coventry May Open Meet	Coventry	WM1066	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.76	25.60	539	20/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
100 Freestyle	54.61	56.10	553	17/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
200 Freestyle	2:03.61	2:06.40	519	03/02/18	Oxfordshire & North Bucks County Championships	Aylesbury	SE180019	2
400 Freestyle	4:28.40	4:33.60	494	15/01/17	Oxfordshire & North Bucks County Championships	Aylesbury	SE170304	2
1500 Freestyle	18:26.00	18:44.50	448	27/11/15	COSC L3 Open Meet	Oxford	SE151813	3
50 Breaststroke	33.64	34.60	407	02/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	ER172328	3
100 Breaststroke	1:24.15	1:25.60	283	31/10/15	City of Milton Keynes SC Annual 502400's Meet 2015	Milton Keynes	SE151799	3
50 Butterfly	30.75	31.40	353	02/12/17	HATFIELD XMAS MEET 2017	HERTFORDSHIRE	ER172328	3
50 Backstroke	30.66	31.30	375	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Backstroke	1:09.86	1:11.00	331	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
200 Backstroke	2:27.96	2:30.20	363	06/12/15	Maxwell December 2015 L3 Meet	Aylesbury	SE152061	3
200 Individual Medley	2:26.51	2:29.20	418	11/12/16	CMKSC Christmas Cracker Open Meet	Bletchley	SE162157	3
400 Individual Medley	5:54.99	5:59.90	289	15/11/14	City of MK Annual 502400's Meet	Milton Keynes	SE4279	3
100 Individual Medley	1:07.70	1:07.70	385	18/11/17	CMKSC Autumn Open Meet (Level 3)	Bletchley	SE171633	3