

Individual Best Times (All Time)

Shaun Hall - (808806) - Staines Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
400 Freestyle	5:42.67	5:38.50	264	13/04/13	Bracknell Distance Meet 2013	Aldershot	SE3134	1
50 Breaststroke	43.61	42.90	210	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
50 Butterfly	37.00	36.50	218	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
50 Backstroke	40.33	39.80	199	14/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	SE3309	3
100 Backstroke	1:31.06	1:30.20	181	15/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.69	30.40	313	28/09/14	Staines Club Championships	Staines	SE14368	4
100 Freestyle	1:05.51	1:06.80	320	12/07/14	Staines SC Black Swan Summer Meet	Staines	SE4161	3
200 Freestyle	2:29.64	2:31.90	292	18/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	SE4010	3
400 Freestyle	5:22.82	5:27.10	284	12/10/14	Staines Club Championships	Englefield	SE14370	4
50 Breaststroke	38.82	39.60	265	18/10/14	Staines SC Black Swan Winter Meet	Elmbridge	SE4162	3
100 Breaststroke	1:28.76	1:30.20	241	12/07/14	Staines SC Black Swan Summer Meet	Staines	SE4161	3
200 Breaststroke	3:14.34	3:17.00	236	23/11/14	Staines Club Championships	Staines	SE14374	4
50 Butterfly	35.92	36.40	222	13/04/14	MCASA Spring Development Meet	Southbury	LR4479	3
100 Butterfly	1:02.99	1:04.20	436	13/12/14	NASLS 2014 Round Three	Portsmouth	LR14705	3
50 Backstroke	35.14	35.70	249	12/07/14	Staines SC Black Swan Summer Meet	Staines	SE4161	3
100 Backstroke	1:15.31	1:16.40	264	23/11/14	Staines Club Championships	Staines	SE14374	4
200 Backstroke	3:51.29	3:52.70	95	29/11/09	Elmbridge Phoenix Winter	Walton on Thames	SE9583	4
200 Individual Medley	2:53.19	2:55.50	253	09/11/14	Staines Club Championships	Staines	SE14371	4
400 Individual Medley	6:00.21	6:05.10	277	05/10/14	Staines Club Championships	Staines	SE14369	4
100 Individual Medley	1:19.92	1:19.90	234	19/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	SE4010	3