

Individual Best Times (All Time)

Joseph Alsop - (809662) - City Of Ely Amateur Swimming Clu

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.74	26.00	478	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
100 Freestyle	1:00.30	58.90	469	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
50 Butterfly	28.20	27.50	492	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3
100 Butterfly	1:05.02	1:03.80	439	09/07/17	BWFSC L3 Summer Meet L3	London	LR170898	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.61	27.40	434	17/06/17	City of Ely Summer Championships	Ely	ER171198	4
100 Freestyle	58.72	1:00.10	445	16/07/17	Jeanne Barker July Open Meet	Cambridge	ER170266	3
200 Freestyle	2:22.37	2:24.80	340	12/11/16	City of Ely Winter Championships	Ely	ER162190	4
400 Freestyle	5:04.01	5:08.60	340	21/06/15	City of Ely Summer Competition	Ely	ER151071	4
1500 Freestyle	24:10.67	24:24.90	198	12/12/12	City of Ely Distance Championships Part A	Ely	ER2730	4
50 Breaststroke	37.13	38.00	303	24/06/17	City of Ely Summer Championships	Ely	ER171198	4
100 Breaststroke	1:32.35	1:33.70	214	23/06/14	City of Ely ASC Distance Championships	Ely	ER14163	4
200 Breaststroke	3:34.15	3:36.60	176	09/09/13	City of Ely Club Championships	Ely	ER3813	4
50 Butterfly	27.97	28.60	470	16/07/17	Jeanne Barker July Open Meet	Cambridge	ER170266	3
100 Butterfly	1:04.30	1:05.50	410	21/06/17	City of Ely Summer Championships	Ely	ER171198	4
200 Butterfly	2:47.13	2:49.00	261	10/11/16	City of Ely Winter Championships	Ely	ER162189	4
50 Backstroke	32.90	33.50	303	24/06/17	City of Ely Summer Championships	Ely	ER171198	4
100 Backstroke	1:18.52	1:19.50	233	22/06/15	City of Ely Summer Competition	Ely	ER151071	4
200 Backstroke	3:00.15	3:02.00	201	10/09/13	City of Ely Club Championships	Ely	ER3813	4
200 Individual Medley	2:42.34	2:44.80	307	14/11/16	City of Ely Winter Championships	Ely	ER162192	4
400 Individual Medley	6:12.20	6:16.90	251	10/12/14	City of Ely Distance Club Championships	Ely	ER4552	4
100 Individual Medley	1:09.99	1:10.00	349	17/06/17	City of Ely Summer Championships	Ely	ER171198	4