

Individual Best Times (All Time)

Jack Johnson - (809684) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.63	27.90	389	05/10/14	Robin Hood Open Meet 2014	Sheffield	EM4455	1
100 Freestyle	1:01.17	59.80	449	16/11/14	Welsh Capital Open Meet	Cardiff	WAL608	1
200 Freestyle	2:14.18	2:11.60	439	05/10/14	Robin Hood Open Meet 2014	Sheffield	EM4455	1
400 Freestyle	4:55.62	4:50.80	412	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
50 Butterfly	30.68	30.10	382	04/10/14	Robin Hood Open Meet 2014	Sheffield	EM4455	1
100 Butterfly	1:13.89	1:12.90	299	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
100 Backstroke	1:16.38	1:15.30	308	11/01/14	British Gas Swim Wales New Year Meet	Swansea	WAL540	1
200 Backstroke	2:45.02	2:43.00	311	12/01/13	British Gas Swim Wales New Year Meet	Swansea	WAL469	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.09	28.80	369	04/02/14	Swim Wales North Region Championships	Llandudno	WAL549	2
100 Freestyle	1:00.75	1:02.10	402	03/02/14	Swim Wales North Region Championships	Llandudno	WAL549	2
200 Freestyle	2:11.25	2:13.90	433	01/02/14	Swim Wales North Region Championships	Llandudno	WAL545	2
400 Freestyle	4:50.66	4:55.50	389	29/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
1500 Freestyle	19:23.92	19:41.50	385	28/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
50 Breaststroke	50.81	51.40	118	09/04/11	Bangor Diddy Gala	Bangor	WAL348	4
100 Breaststroke	1:27.48	1:28.90	252	29/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
200 Breaststroke	3:16.83	3:19.50	227	22/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
50 Butterfly	30.48	31.10	363	31/01/15	SWNR Regional Championships	Llandudno	WL150521	2
100 Butterfly	1:12.27	1:13.30	288	20/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
200 Butterfly	2:56.54	2:58.30	221	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
50 Backstroke	34.37	34.90	266	19/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
100 Backstroke	1:13.05	1:14.10	289	07/12/13	BG Swim Wales North Sub Regional Champs	Llandudno	WAL536	4
200 Backstroke	2:35.99	2:38.10	310	19/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
200 Individual Medley	2:39.33	2:41.80	325	19/10/13	Swim Conway Autumn Meet	Llandudno	WAL523	1
400 Individual Medley	5:44.20	5:49.30	317	29/09/13	Swim Conway Closed Invitation Meet	Llandudno	WAL518	4
100 Individual Medley	1:30.84	1:30.80	159	09/04/11	Bangor Diddy Gala	Bangor	WAL348	4