

# Individual Best Times (All Time)

Matthew Rigg - (826836) - Barrow ASC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.12	33.70	225	16/03/14	Cumbria County Championships	Whitehaven	CC4045	2
100 Freestyle	1:15.28	1:16.40	211	14/09/14	Barrow ASC Club Championships 2014	Barrow-in-Furness	NW4587	4
200 Freestyle	2:41.11	2:43.30	234	08/03/14	Cumbrian Age Groups and County Champs	Kendal	CC4043	2
400 Freestyle	5:35.25	5:39.40	253	15/03/14	Cumbria County Championships	Whitehaven	CC4045	2
50 Breaststroke	43.18	43.90	192	09/03/14	Cumbrian Age Groups and County Champs	Kendal	CC4043	2
100 Breaststroke	1:36.14	1:37.40	190	29/06/14	Barrow ASC Club Championships 2014	Barrow-in-Furness	NW4587	4
200 Breaststroke	3:21.14	3:23.80	213	26/01/14	2014 Cumbria Winter Meet	Whitehaven	NW4152	3
50 Butterfly	38.85	39.30	175	10/05/14	Copeland ASC 20th Bill & Monica Griffin Gala	Whitehaven	NW4391	3
100 Butterfly	1:37.09	1:37.90	119	15/06/13	Copeland ASC 17th Graded Gala	Whitehaven	NW3313	3
200 Butterfly	3:34.66	3:36.10	123	26/01/14	2014 Cumbria Winter Meet	Whitehaven	NW4152	3
50 Backstroke	41.57	42.10	150	26/01/14	2014 Cumbria Winter Meet	Whitehaven	NW4152	3
100 Backstroke	1:27.34	1:28.30	169	12/10/14	Barrow ASC Club Championships 2014	Barrow-in-Furness	NW4587	4
200 Backstroke	3:09.85	3:11.60	172	16/03/14	Cumbria County Championships	Whitehaven	CC4045	2
200 Individual Medley	2:59.33	3:01.50	228	08/03/14	Cumbrian Age Groups and County Champs	Kendal	CC4043	2
400 Individual Medley	6:33.35	6:37.80	212	15/03/14	Cumbria County Championships	Whitehaven	CC4045	2
100 Individual Medley	1:25.70	1:25.70	190	25/01/14	2014 Cumbria Winter Meet	Whitehaven	NW4152	3