

Individual Best Times (All Time)

Luca Clarke - (832463) - West Suffolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.58	27.80	391	13/05/17	BPSC Spring Long Course Meet	Basildon	ER170183	1
100 Freestyle	1:00.64	59.20	461	16/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
200 Freestyle	2:31.39	2:29.10	305	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
400 Freestyle	5:42.17	5:38.00	266	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
1500 Freestyle	22:54.34	22:39.20	254	15/02/14	Suffolk County ASA County Championships	Norwich	CC4082	1
50 Breaststroke	35.07	34.20	405	06/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Breaststroke	1:19.69	1:18.10	363	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
200 Breaststroke	3:03.34	3:00.40	320	29/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
50 Butterfly	30.46	29.80	390	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	ER170425	3
100 Butterfly	1:06.34	1:05.20	414	31/03/18	Beckenham SC 125th Anniversary International Open	London	LR180255	1
50 Backstroke	33.26	32.70	354	30/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
100 Backstroke	1:12.12	1:11.00	366	13/05/17	BPSC Spring Long Course Meet	Basildon	ER170183	1
200 Individual Medley	2:30.89	2:28.30	431	13/05/17	BPSC Spring Long Course Meet	Basildon	ER170183	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.52	28.30	393	10/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
100 Freestyle	58.69	1:00.10	445	11/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
200 Freestyle	2:08.67	2:11.30	460	28/11/17	West Suffolk Club Championships	Bury St Edmunds	ER171738	4
400 Freestyle	4:50.32	4:55.10	390	26/02/17	Suffolk County ASA Championships 2017	Ipswich	ER170396	2
1500 Freestyle	19:19.34	19:37.00	389	26/11/17	West Suffolk Club Championships	Haverhill	ER171737	4
50 Breaststroke	34.16	35.10	389	04/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
100 Breaststroke	1:14.52	1:16.20	408	10/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
200 Breaststroke	2:46.85	2:50.00	373	17/11/18	WSSC Home Series: Round 2	Bury St Edmunds	ER182669	4
50 Butterfly	30.26	30.90	371	02/12/18	WSSC Club Championships 2018	Bury St Edmunds	ER182517	4
100 Butterfly	1:06.17	1:07.30	376	11/02/18	Suffolk County Championships 2018	Ipswich	ER180353	2
200 Butterfly	2:30.17	2:32.30	360	29/11/17	West Suffolk Club Championships	Bury St Edmunds	ER171738	4
50 Backstroke	32.20	32.80	323	03/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
100 Backstroke	1:09.18	1:10.30	340	19/03/17	Teamipswich March Open 2017	Ipswich	ER170552	3
200 Backstroke	2:28.05	2:30.30	363	01/10/17	West Suffolk Neate Meet	Bury St Edmunds	ER171266	3
200 Individual Medley	2:22.86	2:25.60	451	04/02/18	Suffolk County Championships 2018	Ipswich	ER180352	2
400 Individual Medley	5:12.39	5:18.00	424	27/11/17	West Suffolk Club Championships	Bury St Edmunds	ER171738	4
100 Individual Medley	1:07.00	1:07.00	397	28/11/17	West Suffolk Club Championships	Bury St Edmunds	ER171738	4