

# Individual Best Times (All Time)

Luke Plaice - (843178) - Middlesbrough SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.65	32.00	262	12/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
100 Freestyle	1:09.82	1:08.60	302	08/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1
200 Freestyle	2:25.95	2:23.50	341	23/02/14	Northumberland & Durham SA County Champs	Sunderland	CC4065	1
400 Freestyle	5:03.59	4:58.90	380	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
50 Breaststroke	45.99	45.30	179	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
100 Breaststroke	1:43.11	1:41.90	167	22/02/14	Northumberland & Durham SA County Champs	Sunderland	CC4065	1
200 Breaststroke	3:48.69	3:46.40	165	03/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
50 Butterfly	37.03	36.50	217	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
100 Butterfly	1:34.63	1:33.80	142	02/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
50 Backstroke	41.72	41.20	179	02/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
100 Backstroke	1:22.71	1:21.70	242	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1
200 Backstroke	2:58.43	2:56.50	246	08/03/14	Northumberland & Durham SA County Champs	Sunderland	CC4066	1
200 Individual Medley	2:54.39	2:52.10	279	12/01/14	City of Sunderland New Year Meet 2014	Sunderland	NE4174	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.44	33.10	240	21/09/14	Richmond Dales ASC Open Meet	Durham	NE4924	3
100 Freestyle	1:10.40	1:11.60	258	20/09/14	Richmond Dales ASC Open Meet	Durham	NE4924	3
200 Freestyle	2:26.97	2:29.30	309	01/12/13	ASA North East Region Senior & Junior Meet	Sunderland	NER327	2
400 Freestyle	5:14.94	5:19.40	306	09/05/14	Middlesbrough Open Meet 2014	Middlesbrough	NE4306	2
1500 Freestyle	20:09.79	20:26.70	343	14/12/13	Middlesborough ASC Junior Christmas Gala	Middlesborough	NE3315	3
50 Breaststroke	44.25	45.00	179	20/09/14	Richmond Dales ASC Open Meet	Durham	NE4924	3
100 Breaststroke	1:39.13	1:40.40	173	20/09/14	Richmond Dales ASC Open Meet	Durham	NE4924	3
200 Breaststroke	3:30.63	3:33.10	185	21/09/14	Richmond Dales ASC Open Meet	Durham	NE4924	3
50 Butterfly	37.30	37.80	198	09/02/14	Middlesbrough ASC AA Grade 2014	Middlesbrough	NE4012	3
100 Butterfly	1:28.33	1:29.20	158	14/12/13	Middlesborough ASC Junior Christmas Gala	Middlesborough	NE3315	3
50 Backstroke	40.16	40.70	166	20/09/14	Richmond Dales ASC Open Meet	Durham	NE4924	3
100 Backstroke	1:25.11	1:26.10	183	10/05/14	Middlesbrough Open Meet 2014	Middlesbrough	NE4306	2
200 Backstroke	2:59.40	3:01.30	204	11/05/14	Middlesbrough Open Meet 2014	Middlesbrough	NE4306	2
200 Individual Medley	2:56.51	2:58.70	239	21/09/14	Richmond Dales ASC Open Meet	Durham	NE4924	3
100 Individual Medley	1:24.72	1:24.70	196	14/12/13	Middlesborough ASC Junior Christmas Gala	Middlesborough	NE3315	3