

Individual Best Times (All Time)

Michael Dempsey - (845522) - Brent Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.53	27.80	393	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.62	29.30	349	24/02/18	Ealing L3 Open	Northolt	LR180254	3
100 Freestyle	1:02.87	1:04.20	362	24/02/18	Ealing L3 Open	Northolt	LR180254	3
200 Freestyle	2:24.64	2:27.00	324	22/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
400 Freestyle	5:52.73	5:56.70	217	07/10/14	Borough of Harrow Club Championships	Barnet	LR14232	4
1500 Freestyle	22:51.09	23:06.10	235	04/10/14	Borough of Harrow Club Championships	Barnet	LR14231	4
50 Breaststroke	38.15	39.00	279	07/10/17	Enfield Swim Squad Winter Regional Qualifier	Enfield	LR170747	3
100 Breaststroke	1:25.48	1:26.90	270	07/10/17	Enfield Swim Squad Winter Regional Qualifier	Enfield	LR170747	3
200 Breaststroke	3:15.72	3:18.40	231	23/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
50 Butterfly	32.13	32.70	310	24/02/18	Ealing L3 Open	Northolt	LR180254	3
100 Butterfly	1:13.43	1:14.50	275	22/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
200 Butterfly	3:06.70	3:08.40	187	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	LR4548	3
50 Backstroke	35.77	36.30	236	26/02/17	ESC February L3 Open	Northolt	LR170029	3
100 Backstroke	1:16.23	1:17.30	254	24/02/18	Ealing L3 Open	Northolt	LR180254	3
200 Backstroke	2:47.37	2:49.40	251	25/02/18	Ealing L3 Open	Northolt	LR180254	3
200 Individual Medley	2:51.84	2:54.10	259	23/04/17	Middlesex Spring Development Meet	Enfield	LR170773	3
400 Individual Medley	6:32.64	6:37.10	213	01/10/14	Borough of Harrow Club Championships	London	LR14233	4
100 Individual Medley	1:21.54	1:21.50	220	01/10/16	MCASA Winter Development Meet	Enfield	LR161659	3