

Individual Best Times (All Time)

Louis Hines - (848874) - Watford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.53	26.80	438	02/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
100 Freestyle	59.02	57.60	500	17/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
200 Freestyle	2:05.53	2:02.70	536	26/04/16	British Para-Swimming Championships	Glasgow	DIS109	1
400 Freestyle	4:34.34	4:29.20	516	16/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
50 Butterfly	32.30	31.70	327	14/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
100 Butterfly	1:14.66	1:13.60	290	05/08/17	Swim England National Summer Meet (50m)	Sheffield	ENG001	1
200 Butterfly	3:08.60	3:06.90	200	12/05/18	BPSC Spring Long Course Event 2018	Basildon	ER180360	1
100 Backstroke	1:13.74	1:12.60	342	01/05/17	ASA East Long Course Championships	Luton	ER170219	1
200 Individual Medley	2:39.14	2:36.60	367	27/04/16	British Para-Swimming Championships	Glasgow	DIS109	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.22	28.00	406	10/07/16	Watford SC Sprint Club Championships 2016	Watford	ER161559	4
100 Freestyle	57.93	59.40	463	13/03/16	Watford Regional Qualifier	Watford	ER160088	3
200 Freestyle	2:06.43	2:09.10	485	25/06/16	The Terry Davies Alternative Nationals 2016	Watford	ER160947	3
400 Freestyle	4:29.83	4:35.00	486	12/03/16	Watford Regional Qualifier	Watford	ER160088	3
1500 Freestyle	18:02.57	18:21.50	478	24/10/15	Team Luton Autumn Short Course Meet	Luton	ER150601	3
50 Breaststroke	40.40	41.20	235	10/07/16	Watford SC Sprint Club Championships 2016	Watford	ER161559	4
100 Breaststroke	1:39.20	1:40.50	173	16/07/14	Watford SC Club Championships Sprints 2014	Watford	ER4867	4
200 Breaststroke	3:22.58	3:25.20	208	09/10/14	Watford Club Championships	Watford	ER14197	4
50 Butterfly	30.95	31.60	347	19/09/18	Watford Club Championships 2018	Garston	ER181663	4
100 Butterfly	1:08.31	1:09.40	342	18/11/18	Watford November 2018 County Qualifier	Garston	ER181665	3
200 Butterfly	2:45.74	2:47.60	267	23/09/17	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER171353	3
50 Backstroke	34.09	34.70	272	10/07/16	Watford SC Sprint Club Championships 2016	Watford	ER161559	4
100 Backstroke	1:12.54	1:13.60	295	25/06/16	The Terry Davies Alternative Nationals 2016	Watford	ER160947	3
200 Backstroke	2:34.77	2:36.90	317	28/06/15	The Terry Davies Alternative Nationals	Watford	ER150582	3
200 Individual Medley	2:38.05	2:40.50	333	23/06/18	The Terry Davies Alternative Nationals	Woodside LC	ER180890	3
400 Individual Medley	5:58.08	6:03.00	281	01/10/14	Watford SC Club Championships Distance 2014	Watford	ER14196	4
100 Individual Medley	1:13.25	1:13.30	304	17/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	ER151728	2