

# Individual Best Times (All Time)

Harry Mendel - (858438) - London Borough of Redbridge SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.23	33.60	227	11/04/15	Bexley Long Course Open Meet	Crystal Palace	LR150015	1
100 Freestyle	1:17.61	1:16.50	220	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
200 Freestyle	2:36.84	2:34.60	275	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	ER4044	1
400 Freestyle	5:26.25	5:21.90	306	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
50 Breaststroke	49.81	49.20	141	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
100 Breaststroke	1:41.63	1:40.40	175	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
200 Breaststroke	3:24.78	3:22.20	230	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
50 Butterfly	39.71	39.20	176	24/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
200 Butterfly	3:05.53	3:03.80	210	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	ER4044	1
50 Backstroke	40.23	39.70	200	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
100 Backstroke	1:20.11	1:19.10	267	11/04/15	Bexley Long Course Open Meet	Crystal Palace	LR150015	1
200 Backstroke	2:49.81	2:47.80	286	20/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	ER4044	1
200 Individual Medley	2:57.19	2:54.90	266	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
400 Individual Medley	6:06.35	6:01.50	290	12/04/15	Bexley Long Course Open Meet	Crystal Palace	LR150015	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.07	33.70	226	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
100 Freestyle	1:14.01	1:15.10	222	06/12/14	Thurrock Essex & Regional Qualifier Meet	Grays	ER14352	3
200 Freestyle	2:37.82	2:40.00	249	22/11/14	Harlow Penguins Winter Open Meet	Harlow	ER14724	3
400 Freestyle	5:18.06	5:22.40	297	15/03/14	Essex County Championships	Basildon	CC4040	2
50 Breaststroke	45.49	46.20	164	03/01/15	London Borough of Redbridge Winter Meet	Barkingside	LR150002	3
100 Breaststroke	1:36.01	1:37.30	190	04/10/14	Redbridge Early County & Regional Meet	Barksingside	LR4194	3
200 Breaststroke	3:20.70	3:23.30	214	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
50 Butterfly	37.97	38.50	187	04/10/14	Redbridge Early County & Regional Meet	Barksingside	LR4194	3
100 Butterfly	1:30.06	1:30.90	149	05/10/14	Redbridge Early County & Regional Meet	Barksingside	LR4194	3
200 Butterfly	3:07.22	3:08.90	185	15/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
50 Backstroke	36.45	37.00	223	17/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Backstroke	1:19.86	1:20.90	221	01/02/15	Essex County Age Group Championships 2015	Southend	CC150044	2
200 Backstroke	2:39.77	2:41.80	288	14/02/15	Essex County Age Group Championships 2015	Basildon	CC150045	2
200 Individual Medley	2:50.97	2:53.30	263	26/04/14	London Borough of Redbridge Meet 2014	Barking	LR4030	3
400 Individual Medley	5:59.04	6:03.90	279	16/03/14	Essex County Championships	Basildon	CC4040	2
100 Individual Medley	1:23.08	1:23.10	208	18/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2