

Individual Best Times (All Time)

Alexander Vega Flores - (860084) - Nuneaton & Bedworth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.32	26.50	448	21/01/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240113	1
100 Freestyle	59.13	57.70	497	02/07/23	City of Coventry SC Graham Sykes Open Meet 2023	Coventry	WM230314	3
200 Freestyle	2:06.43	2:03.70	525	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
400 Freestyle	4:27.46	4:22.20	557	08/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
800 Freestyle	9:16.76	9:06.30	535	07/05/23	West Midland Regional Summer Championships 2023	Coventry	WM230352	1
1500 Freestyle	17:55.98	17:36.60	530	01/04/22	Derwentio eXcel April Meet	Sheffield	EM220191	1
50 Breaststroke	46.26	45.60	176	21/09/19	City of Coventry SC 50 Sprints Meet	Coventry	WM191193	3
50 Butterfly	35.50	35.00	246	21/09/19	City of Coventry SC 50 Sprints Meet	Coventry	WM191193	3
200 Butterfly	3:13.03	3:11.40	186	28/01/18	Warwickshire ASA Swimming Championships 2018	Coventry	WM180008	1
50 Backstroke	31.23	30.60	428	21/01/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240113	1
100 Backstroke	1:05.78	1:04.50	482	03/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
200 Backstroke	2:18.98	2:16.60	522	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
200 Individual Medley	2:35.64	2:33.10	392	24/07/21	West Midlands Region Festival of Swimming 2021	Coventry	WM210217	1
400 Individual Medley	5:22.52	5:17.00	425	06/02/22	Warwickshire Swimming Championships	Coventry	WM220017	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.41	27.20	444	09/03/24	Nuneaton & Bedworth Delia Reynolds Spring Open 24	Pingles LC	WM240008	3
100 Freestyle	55.86	57.30	517	19/11/23	Nuneaton & Bedworth Club Championships 2023	Nuneaton	WM232237	4
200 Freestyle	2:00.80	2:03.60	556	03/12/23	Nuneaton & Bedworth SC Terry Freeman Open Meet	Nuneaton	WM231000	3
400 Freestyle	4:17.43	4:22.80	560	25/06/23	Nuneaton & Bedworth SC End of Season Open Meet 23	Nuneaton	WM230269	3
800 Freestyle	9:01.48	9:12.00	549	08/10/23	Coventry & District October Meet 2023	Coventry	WM231380	3
1500 Freestyle	17:26.76	17:46.30	529	15/10/23	Coventry & District October Meet 2023	Coventry	WM231381	3
50 Breaststroke	38.51	39.30	271	19/09/21	Nuneaton & Bedworth September Sprint Meet	Nuneaton	WM210356	3
100 Breaststroke	1:18.80	1:20.40	345	19/11/23	Nuneaton & Bedworth Club Championships 2023	Nuneaton	WM232237	4
200 Breaststroke	2:50.41	2:53.50	350	18/05/24	Coventry & District May Meet 2024	Coventry	WM240675	3
50 Butterfly	30.17	30.80	374	19/05/24	Coventry & District May Meet 2024	Coventry	WM240675	3
100 Butterfly	1:06.20	1:07.30	375	18/05/24	Coventry & District May Meet 2024	Coventry	WM240675	3
200 Butterfly	2:32.49	2:34.50	344	18/05/24	Coventry & District May Meet 2024	Coventry	WM240675	3
50 Backstroke	29.79	30.50	408	18/05/24	Coventry & District May Meet 2024	Coventry	WM240675	3
100 Backstroke	1:02.70	1:04.00	457	04/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
200 Backstroke	2:11.89	2:14.40	513	05/11/23	SE West Midlands Winter Championships 2023	Sandwell	WM232038	2
200 Individual Medley	2:19.82	2:22.60	482	18/11/23	Nuneaton & Bedworth Club Championships 2023	Nuneaton	WM232237	4
400 Individual Medley	4:54.92	5:00.80	504	03/12/23	Nuneaton & Bedworth SC Terry Freeman Open Meet	Nuneaton	WM231000	3
100 Individual Medley	1:07.82	1:07.80	383	15/10/23	Coventry & District October Meet 2023	Coventry	WM231381	3