

# Individual Best Times (All Time)

Christian Rook - (871772) - Louth Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.19	36.60	177	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
50 Breaststroke	52.98	52.40	117	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
50 Butterfly	41.36	40.90	156	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
50 Backstroke	43.07	42.60	163	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.87	32.50	253	03/06/18	Louth Annual Sportsman's Week Gala 2018	Louth	EM181316	4
100 Freestyle	1:10.99	1:12.20	252	17/06/18	LVSC Grantham Level 3	Grantham	EM180537	3
200 Freestyle	2:33.58	2:35.80	270	12/11/17	Louth Annual Club Championships 2017	Louth	EM172501	4
400 Freestyle	5:32.19	5:36.40	260	17/11/17	Louth Annual Club Championships 2017	Louth	EM172502	4
1500 Freestyle	21:48.14	22:03.90	271	10/11/17	Louth Annual Club Championships 2017	Louth	EM172500	4
50 Breaststroke	45.93	46.60	160	25/11/17	Louth Meridan Meet	Louth	EM171923	3
100 Breaststroke	1:43.61	1:44.80	151	19/11/17	Louth Annual Club Championships 2017	Louth	EM172503	4
200 Breaststroke	3:42.58	3:44.90	157	19/11/17	Louth Annual Club Championships 2017	Louth	EM172503	4
50 Butterfly	34.65	35.20	247	03/06/18	Louth Annual Sportsman's Week Gala 2018	Louth	EM181316	4
100 Butterfly	1:25.94	1:26.80	171	12/11/17	Louth Annual Club Championships 2017	Louth	EM172501	4
200 Butterfly	3:38.56	3:40.00	116	25/11/17	Louth Meridan Meet	Louth	EM171923	3
50 Backstroke	37.20	37.70	209	17/06/18	LVSC Grantham Level 3	Grantham	EM180537	3
100 Backstroke	1:22.89	1:23.90	198	25/11/17	Louth Meridan Meet	Louth	EM171923	3
200 Backstroke	2:55.76	2:57.70	217	07/04/18	KUHSC A B Easter Short Course Meet 2018	Ennerdale	NE180440	3
200 Individual Medley	2:54.02	2:56.30	250	17/06/18	LVSC Grantham Level 3	Grantham	EM180537	3
400 Individual Medley	6:35.71	6:40.10	208	17/11/17	Louth Annual Club Championships 2017	Louth	EM172502	4
100 Individual Medley	1:21.74	1:21.70	219	03/06/18	Louth Annual Sportsman's Week Gala 2018	Louth	EM181316	4