

# Individual Best Times (All Time)

John Greenaway - (872041) - Dereham & District SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.89	28.20	379	02/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
100 Freestyle	1:07.35	1:06.10	336	13/01/18	Norfolk County Championships 2018	Norwich	ER180289	1
200 Freestyle	2:29.32	2:27.00	318	06/01/18	Norfolk County Championships 2018	Norwich	ER180288	1
50 Breaststroke	41.28	40.50	248	06/01/18	Norfolk County Championships 2018	Norwich	ER180288	1
100 Breaststroke	1:30.17	1:28.80	251	13/01/18	Norfolk County Championships 2018	Norwich	ER180289	1
200 Breaststroke	3:17.09	3:14.40	258	07/01/18	Norfolk County Championships 2018	Norwich	ER180288	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.39	30.10	322	26/11/17	Dereham & District Annual Sprints 2017	Dereham	ER172071	4
100 Freestyle	1:04.07	1:05.40	342	26/11/17	Dereham & District Annual Sprints 2017	Dereham	ER172071	4
200 Freestyle	2:22.28	2:24.70	340	20/07/18	Dereham and District Roger Virgoe 2018	Dereham LC	ER181106	4
400 Freestyle	5:13.99	5:18.40	308	21/07/17	Dereham & District ASC Roger Virgoe	Dereham	ER171108	4
1500 Freestyle	21:01.70	21:18.00	302	18/11/17	Dereham & District Annual Sprints 2017	Dereham	ER172070	4
50 Breaststroke	37.97	38.80	283	18/11/19	DDASC Annual Sprints	Dereham	ER192089	4
100 Breaststroke	1:25.96	1:27.40	265	18/11/19	DDASC Annual Sprints	Dereham	ER192089	4
200 Breaststroke	3:08.09	3:10.90	260	15/07/22	Dereham and District ASC Roger Virgoe	Dereham	ER221160	4
50 Butterfly	34.53	35.10	249	17/11/19	DDASC Annual Sprints	Dereham	ER192088	4
100 Butterfly	1:51.08	1:51.80	79	22/11/15	Dereham Otters Annual Gala	Dereham	ER152232	3
200 Butterfly	4:03.58	4:04.90	84	10/07/15	Dereham & District Roger Virgo 2015	Dereham	ER151246	4
50 Backstroke	43.62	44.10	130	06/09/15	Thetford Dolphins Nifty 50's Sprints Meet	Thetford	ER151529	3
200 Backstroke	2:42.50	2:44.50	274	17/07/17	Dereham & District ASC Roger Virgoe	Dereham	ER171108	4
200 Individual Medley	2:47.01	2:49.40	282	18/07/19	Dereham & District Roger Virgoe	Dereham	ER191857	4
100 Individual Medley	1:17.00	1:17.00	262	18/11/18	Dereham and District Amateur Swimming Club	Dereham	ER182672	3