

Individual Best Times (All Time)

Marcus Mcspadden - (878066) - Beckenham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.37	25.60	498	02/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Freestyle	57.15	55.70	551	19/04/19	Beckenham Easter International Open 2019	London	LR190200	1
200 Freestyle	2:04.39	2:01.60	551	25/01/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200206	1
400 Freestyle	4:33.03	4:27.80	523	26/01/19	Kent Swimming Championships 2019	Crystal Palace	SE190348	1
1500 Freestyle	18:42.27	18:23.70	467	21/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180332	1
50 Breaststroke	31.58	30.60	554	15/03/20	2020 London Region Spring Open Meet	London	LR200423	1
100 Breaststroke	1:12.26	1:10.50	487	14/03/20	2020 London Region Spring Open Meet	London	LR200423	1
200 Breaststroke	2:46.31	2:43.10	429	18/01/20	2020 Kent ASA Swimming Championships	London	SE200205	1
50 Butterfly	28.36	27.70	484	01/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Butterfly	1:06.82	1:05.70	405	30/03/19	Team Luton March Open Meet	Luton	ER190183	1
200 Butterfly	2:30.51	2:28.40	394	02/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190349	1
50 Backstroke	39.81	39.30	207	05/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
200 Backstroke	3:13.33	3:11.60	194	27/04/14	Bexley Long Course Open Meet	London	LR4393	1
200 Individual Medley	2:39.20	2:36.70	367	10/02/18	Kent Swimming Championships 2018	London	SE180335	1
400 Individual Medley	5:57.57	5:52.60	311	21/01/17	Kent Swimming Championships	Crystal Palace	SE170171	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.92	26.70	470	03/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Freestyle	57.62	59.10	471	03/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
200 Freestyle	2:01.89	2:04.70	541	03/11/19	2019 London Region Winter Championships	London	LR192817	2
400 Freestyle	4:31.66	4:36.80	476	25/11/19	Beckenham Club Championships 2019	Beckenham	LR192593	4
1500 Freestyle	17:45.22	18:04.40	502	12/11/18	Beckenham Club Championships 2018	Beckenham	LR181626	4
50 Breaststroke	31.77	32.70	484	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Breaststroke	1:09.82	1:11.60	496	14/12/19	NASL South Round 3	Guildford	SE193318	3
200 Breaststroke	2:39.30	2:42.60	429	02/11/19	2019 London Region Winter Championships	London	LR192817	2
50 Butterfly	28.06	28.70	465	24/11/19	Maidstone 175th Anniversary Celebration Meet	Maidstone	SE192403	3
100 Butterfly	1:05.06	1:06.20	396	25/11/19	Beckenham Club Championships 2019	Beckenham	LR192593	4
200 Butterfly	2:31.68	2:33.70	349	09/12/19	Beckenham Club Championships 2019	Beckenham	LR192594	4
50 Backstroke	32.81	33.40	306	30/09/19	Beckenham Club Championships 2019	Beckenham	LR192590	4
100 Backstroke	1:15.09	1:16.20	266	15/10/18	Beckenham Club Championships 2018	Beckenham	LR181625	4
200 Backstroke	2:50.69	2:52.60	236	31/10/16	Beckenham Club Championships	Beckenham	LR161094	4
200 Individual Medley	2:29.65	2:32.30	393	10/12/18	Beckenham Club Championships 2018	Beckenham	LR181628	4
400 Individual Medley	5:28.04	5:33.40	366	01/10/18	Beckenham Club Championships 2018	Beckenham	LR181624	4
100 Individual Medley	1:07.66	1:07.70	386	11/11/19	Beckenham Club Championships 2019	Beckenham	LR192592	4