

Individual Best Times (All Time)

Joseph Plant - (878487) - London Borough of Redbridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.30	39.80	139	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
100 Breaststroke	1:53.74	1:52.60	125	15/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
100 Butterfly	1:51.37	1:50.70	87	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
100 Backstroke	1:41.21	1:40.40	132	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
200 Individual Medley	3:28.77	3:26.90	162	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.00	39.50	138	21/11/12	London Bourough of Redbridge Club Champs	Barkingside	LR2230	4
200 Freestyle	3:03.19	3:05.10	159	20/10/12	Romford Town SC 6th SC Open Meet	Romford	LR2351	3
400 Freestyle	6:50.06	6:53.50	138	02/01/13	London Borough of London Club Champs	Fullwell	LR3001	4
50 Breaststroke	51.02	51.60	116	23/09/12	Romford Town David Jacob Gala	Romford	LR2350	3
100 Breaststroke	2:05.50	2:06.50	85	24/04/11	Borough of Redbridge Regional Sprint Meet	Ilford	LR1013	3
200 Breaststroke	3:58.15	4:00.40	128	13/05/12	Thurrock One Day Regional Qualifyer	Thurrock	ER2251	3
50 Butterfly	42.86	43.30	130	23/09/12	Romford Town David Jacob Gala	Romford	LR2350	3
50 Backstroke	46.39	46.80	108	23/09/12	Romford Town David Jacob Gala	Romford	LR2350	3
100 Backstroke	1:35.48	1:36.30	129	21/10/12	Romford Town SC 6th SC Open Meet	Romford	LR2351	3
200 Backstroke	3:23.63	3:25.30	139	13/05/12	Thurrock One Day Regional Qualifyer	Thurrock	ER2251	3
200 Individual Medley	3:32.38	3:34.20	137	13/05/12	Thurrock One Day Regional Qualifyer	Thurrock	ER2251	3
100 Individual Medley	1:35.14	1:35.10	138	21/10/12	Romford Town SC 6th SC Open Meet	Romford	LR2351	3