

Individual Best Times (All Time)

Sebastian Munro-Smith - (882622) - West Suffolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.53	33.90	222	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3
100 Freestyle	1:14.01	1:12.90	253	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3
50 Breaststroke	50.76	50.10	133	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3
100 Backstroke	1:30.12	1:29.20	187	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3
200 Individual Medley	3:24.55	3:22.60	173	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	ER150079	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.42	31.10	291	07/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	ER170752	3
100 Freestyle	1:06.53	1:07.80	306	17/06/17	Suffolk County Development Meet	Ipswich	ER171299	3
200 Freestyle	2:26.22	2:28.60	313	07/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	ER170752	3
400 Freestyle	5:17.89	5:22.30	297	28/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	ER161916	4
1500 Freestyle	21:38.50	21:54.30	277	29/11/15	West Suffolk SC Club Championships 2015	Haverhill	ER152166	4
50 Breaststroke	42.38	43.10	204	07/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	ER170752	3
100 Breaststroke	1:31.98	1:33.30	217	06/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	ER170752	3
200 Breaststroke	3:21.60	3:24.20	211	29/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	ER161916	4
50 Butterfly	49.54	49.90	84	10/05/14	The Neate Meet	Bury St Edmunds	ER4262	3
100 Butterfly	1:54.71	1:55.40	72	09/05/14	The Neate Meet	Bury St Edmunds	ER4262	3
50 Backstroke	36.87	37.40	215	06/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	ER170752	3
100 Backstroke	1:17.85	1:18.90	239	18/06/17	Suffolk County Development Meet	Ipswich	ER171299	3
200 Backstroke	2:45.92	2:47.90	258	07/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	ER170752	3
200 Individual Medley	2:59.71	3:01.90	227	07/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	ER160492	3
400 Individual Medley	7:07.25	7:11.40	165	21/11/14	West Suffolk Club Championships	Bury St Edmunds	ER4824	4
100 Individual Medley	1:20.16	1:20.20	232	07/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	ER170752	3