

Individual Best Times (All Time)

Louis Spong - (885919) - Dunmow Atlantis SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|----------|----------|-------|
| 50 Freestyle | 26.44 | 25.60 | 494 | 04/02/17 | Essex Age Group Championships | London | ER170023 | 1 |
| 100 Freestyle | 58.34 | 56.90 | 518 | 21/01/17 | Essex Age Group Championships 2017 | Basildon | ER170022 | 1 |
| 200 Freestyle | 2:19.72 | 2:17.20 | 389 | 22/12/13 | Basildon & Phoenix Winter Long Course Meet | Basildon | ER3693 | 1 |
| 50 Breaststroke | 33.94 | 33.00 | 446 | 03/02/18 | Essex Age Group Championships 2018 | London | ER180155 | 1 |
| 100 Breaststroke | 1:13.64 | 1:11.90 | 460 | 24/01/16 | Essex Age Group Championships 2016 | Basildon | ER160005 | 1 |
| 200 Breaststroke | 2:39.87 | 2:36.50 | 483 | 14/04/18 | Team Luton April Long Course Meet 2018 | Luton | ER180341 | 1 |
| 50 Butterfly | 27.37 | 26.70 | 538 | 30/06/18 | Bishops Stortford Long Course Open Meet | Luton | ER180172 | 3 |
| 100 Butterfly | 59.95 | 58.70 | 561 | 30/06/18 | Bishops Stortford Long Course Open Meet | Luton | ER180172 | 3 |
| 200 Butterfly | 2:24.46 | 2:22.30 | 445 | 22/01/17 | Essex Age Group Championships 2017 | Basildon | ER170022 | 1 |
| 50 Backstroke | 30.10 | 29.40 | 478 | 14/05/16 | Team Luton May Long Course Meet | Luton | ER160180 | 1 |
| 100 Backstroke | 1:04.88 | 1:03.60 | 503 | 02/05/16 | ASA East Region Long Course Championships | Norwich | ER160820 | 1 |
| 200 Backstroke | 2:25.04 | 2:22.70 | 459 | 11/04/15 | Team Luton April Long Course Meet | Luton | ER150341 | 1 |
| 200 Individual Medley | 2:20.54 | 2:17.70 | 533 | 02/05/16 | ASA East Region Long Course Championships | Norwich | ER160820 | 1 |
| 400 Individual Medley | 5:19.76 | 5:14.20 | 436 | 07/06/14 | BGASA East Region Championships 2014 | Norwich | ERX412 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle | 25.91 | 26.70 | 471 | 27/09/15 | Basildon & Phoenix Season Opener Meet | Basildon | ER150236 | 2 |
| 100 Freestyle | 56.43 | 57.90 | 501 | 08/11/15 | ASA East Region Winter Championships 2015 | Luton | ER151653 | 2 |
| 200 Freestyle | 2:07.61 | 2:10.30 | 472 | 13/10/16 | Dunmow Atlantis Club Championships | Great Dunmow | ER161672 | 4 |
| 400 Freestyle | 4:31.08 | 4:36.20 | 480 | 29/09/17 | Braintree & Bocking Club Championships | Braintree | ER171621 | 4 |
| 1500 Freestyle | 17:59.29 | 18:18.20 | 483 | 14/07/16 | Dunmow Atlantis SC Club Championships | Great Dunmow | ER161396 | 4 |
| 50 Breaststroke | 32.54 | 33.50 | 450 | 24/09/16 | BPSC Season Opener | Basildon | ER160488 | 2 |
| 100 Breaststroke | 1:09.86 | 1:11.60 | 495 | 27/11/16 | Braintree & Bocking SC Christmas Cracker Meet | Braintree | ER161704 | 3 |
| 200 Breaststroke | 2:30.53 | 2:34.00 | 508 | 12/03/16 | Basildon & Phoenix SC Spring Time Trial Event 2016 | Basildon | ER160007 | 3 |
| 50 Butterfly | 27.19 | 27.90 | 511 | 25/11/17 | BBSC & DASC Christmas Cracker | Braintree | ER171803 | 3 |
| 100 Butterfly | 59.27 | 1:00.50 | 523 | 11/11/17 | NASL - London Rounds 2017 - Division 1 & 2 | Becontree | ER172124 | 3 |
| 200 Butterfly | 2:14.55 | 2:16.90 | 500 | 07/07/17 | Dunmow Atlantis Club Championships | Dunmow | ER171357 | 4 |
| 50 Backstroke | 28.50 | 29.20 | 466 | 24/09/16 | BPSC Season Opener | Basildon | ER160488 | 2 |
| 100 Backstroke | 1:00.82 | 1:02.10 | 501 | 05/11/16 | East Swimming 2016 SC Championships | Luton | ER161979 | 2 |
| 200 Backstroke | 2:16.25 | 2:18.70 | 465 | 15/02/15 | Essex County Age Group Championships 2015 | Basildon | CC150045 | 2 |
| 200 Individual Medley | 2:13.13 | 2:16.10 | 558 | 17/11/16 | Dunmow Atlantis Club Championships | Great Dunmow | ER161673 | 4 |
| 400 Individual Medley | 4:48.53 | 4:54.50 | 538 | 15/07/16 | Dunmow Atlantis SC Club Championships | Great Dunmow | ER161396 | 4 |
| 100 Individual Medley | 1:02.31 | 1:02.30 | 494 | 22/09/16 | Dunmow Atlantis Club Championships | Great Dunmow | ER161671 | 4 |