

Individual Best Times (All Time)

Alex Ling - (886214) - AquaJets Newcastle SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.32	30.60	297	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
100 Freestyle	1:08.41	1:07.20	321	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
200 Freestyle	2:38.60	2:36.40	266	28/06/15	City of Leeds B Grade Meet 2015	Leeds	NE150108	3
400 Freestyle	5:39.96	5:35.80	271	27/06/15	City of Leeds B Grade Meet 2015	Leeds	NE150108	3
50 Breaststroke	40.66	39.90	259	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
100 Breaststroke	1:42.82	1:41.60	169	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
200 Breaststroke	3:43.12	3:40.70	177	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
50 Butterfly	33.51	32.90	293	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
100 Butterfly	1:24.61	1:23.70	199	28/06/15	City of Leeds B Grade Meet 2015	Leeds	NE150108	3
200 Butterfly	3:31.98	3:30.50	141	29/06/14	Co of Leeds B Grade Meet	Leeds	NE14031	3
50 Backstroke	38.67	38.10	225	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
100 Backstroke	1:26.15	1:25.20	214	27/06/15	City of Leeds B Grade Meet 2015	Leeds	NE150108	3
200 Backstroke	3:06.74	3:04.90	215	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
200 Individual Medley	2:52.64	2:50.30	287	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
400 Individual Medley	6:15.45	6:10.70	269	28/06/15	City of Leeds B Grade Meet 2015	Leeds	NE150108	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.75	29.50	344	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170735	3
100 Freestyle	1:04.98	1:06.30	328	04/03/17	Derwentside Development Meet	Stanley	NE170164	3
200 Freestyle	2:36.03	2:38.20	258	10/10/15	Tynemouth ASC Autumn NER Qualifier	Tynemouth	NE151452	3
400 Freestyle	5:51.40	5:55.40	220	29/03/14	North Tyneside Mad March Hare Extravaganza	Stanley	NE4109	3
50 Breaststroke	37.61	38.40	291	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170735	3
100 Breaststroke	1:24.03	1:25.50	284	03/12/17	Blyth Xmas Cracker 2017	Blyth	NE172011	3
200 Breaststroke	3:14.42	3:17.10	236	09/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
50 Butterfly	30.17	30.80	374	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170735	3
100 Butterfly	1:09.33	1:10.40	327	03/12/17	Blyth Xmas Cracker 2017	Blyth	NE172011	3
200 Butterfly	3:15.42	3:17.00	163	15/11/14	Borough Of Stockton Swim Scheme Meet	Billingham	NE14131	3
50 Backstroke	34.68	35.30	259	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170735	3
100 Backstroke	1:12.87	1:14.00	291	03/12/17	Blyth Xmas Cracker 2017	Blyth	NE172011	3
200 Backstroke	2:49.24	2:51.20	243	09/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
200 Individual Medley	2:45.71	2:48.10	289	10/01/16	Billingham New Year Meet	Billingham	NE160166	3
400 Individual Medley	6:52.11	6:56.40	184	15/09/13	Haddington 100's Meet	Mercat Gait	SCO756	2
100 Individual Medley	1:12.49	1:12.50	314	23/09/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170735	3