

Individual Best Times (All Time)

Alexander Nelson - (896343) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.62	28.90	351	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3
100 Freestyle	1:13.67	1:12.50	257	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Freestyle	2:51.96	2:49.90	208	14/07/12	Northampton SC Summer Festival Meet 2012	Corby	EM2254	4
50 Breaststroke	41.39	40.60	246	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3
100 Breaststroke	1:37.30	1:36.00	199	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
50 Butterfly	31.28	30.70	360	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3
100 Butterfly	1:14.57	1:13.50	291	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3
50 Backstroke	33.36	32.80	351	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3
100 Backstroke	1:13.43	1:12.30	346	26/11/16	Romford Town County Qualifiers Meet 2016	London	LR161745	3
200 Backstroke	2:48.92	2:46.90	290	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
200 Individual Medley	3:06.88	3:04.80	227	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	29.78	30.50	310	21/06/15	Colchester 2nd Midsummer Madness Open Meet	Colchester	ER150925	3
100 Freestyle	1:15.11	1:16.20	212	05/01/13	Redbridge Winter Meet 2013	Barkingside	LR3002	3
200 Freestyle	2:38.60	2:40.80	245	26/10/13	Tigers (Jersey) SC32nd Autumn Open Meet	Jersey	SE3391	3
400 Freestyle	5:25.90	5:30.20	276	01/11/14	Ealing Level 3 Open Meet	Northolt	LR14004	3
50 Breaststroke	40.66	41.40	231	03/01/15	London Borough of Redbridge Winter Meet	Barkingside	LR150002	3
100 Breaststroke	1:36.50	1:37.80	187	13/10/13	Thurrock SC Season Opener & Club Champs	Thurrock	ER3290	3
200 Breaststroke	3:28.02	3:30.60	192	20/10/13	Romford Town SC 7th SC Meet	Enfield	LR3653	3
50 Butterfly	32.51	33.10	299	21/06/15	Colchester 2nd Midsummer Madness Open Meet	Colchester	ER150925	3
100 Butterfly	1:14.26	1:15.30	266	21/06/15	Colchester 2nd Midsummer Madness Open Meet	Colchester	ER150925	3
50 Backstroke	33.88	34.50	277	16/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2
100 Backstroke	1:12.48	1:13.60	296	04/01/15	London Borough of Redbridge Winter Meet	Barkingside	LR150002	3
200 Backstroke	2:43.07	2:45.10	271	01/11/14	Ealing Level 3 Open Meet	Northolt	LR14004	3
200 Individual Medley	2:43.26	2:45.70	302	21/06/15	Colchester 2nd Midsummer Madness Open Meet	Colchester	ER150925	3
400 Individual Medley	6:19.41	6:24.00	237	05/04/14	Newmarket & District Sixth Open Meet	Newmarket	ER4009	3
100 Individual Medley	1:14.19	1:14.20	293	16/01/15	Essex County Age Group Championships 2015	Basildon	CC150043	2