

# Individual Best Times (All Time)

Steven Cope - (897197) - Ilkeston SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	48.16	47.70	81	10/03/19	Nova Centurion March Sprint Meet 2019	Nottingham	EM190181	3
200 Freestyle	3:41.73	3:40.20	97	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
50 Breaststroke	1:09.74	1:09.30	51	07/07/18	DX Summer Spectacular Sprint Meet	Sheffield	EM180318	3
50 Butterfly	54.02	53.70	70	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
50 Backstroke	56.95	56.60	70	07/07/18	DX Summer Spectacular Sprint Meet	Sheffield	EM180318	3
100 Backstroke	1:48.46	1:47.70	107	19/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	45.05	45.50	89	24/09/17	Falcon Sprint Open 2017	Hucknall	EM171155	3
100 Freestyle	1:47.19	1:48.00	73	14/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Freestyle	4:00.75	4:02.20	70	15/09/18	Derbyshire Junior Grand Prix Series 2018	Eckington	EM181714	4
400 Freestyle	7:10.05	7:13.30	120	07/04/19	Chesterfield Spring A & B Meet	Matlock	EM191318	3
50 Breaststroke	1:01.57	1:02.10	66	13/01/19	Ilkeston Winter Sprints 2019	Ilkeston	EM190407	4
100 Breaststroke	2:25.89	2:26.80	54	15/09/18	Derbyshire Junior Grand Prix Series 2018	Eckington	EM181714	4
50 Butterfly	52.18	52.50	72	07/04/19	Chesterfield Spring A & B Meet	Matlock	EM191318	3
100 Butterfly	2:17.40	2:18.00	42	29/09/18	Ilkeston Club Championships	Ilkeston	EM182095	4
200 Butterfly	4:35.83	4:37.00	58	07/04/19	Chesterfield Spring A & B Meet	Matlock	EM191318	3
50 Backstroke	48.07	48.50	97	13/01/19	Ilkeston Winter Sprints 2019	Ilkeston	EM190407	4
100 Individual Medley	1:55.88	1:55.90	76	24/09/17	Falcon Sprint Open 2017	Hucknall	EM171155	3