

Individual Best Times (All Time)

Alexander Backhaus - (901867) - Hatfield SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	38.55	37.70	305	30/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
100 Breaststroke	1:26.53	1:25.10	284	28/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
200 Breaststroke	3:07.60	3:04.80	299	29/05/16	ASA East Region Long Course Championships	Luton	ER160821	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.03	30.70	302	02/04/17	Hatfield Regional Qual Meet 2017	Hatfield	ER170484	3
100 Freestyle	1:07.46	1:08.70	293	22/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170422	2
200 Freestyle	2:28.23	2:30.60	301	07/11/16	Hatfield Club Championships	Hatfield	ER162408	4
50 Breaststroke	36.38	37.20	322	28/01/17	Herts County Champs & Age Group Champs	Borehamwood	ER170423	2
100 Breaststroke	1:20.65	1:22.20	322	10/12/16	NASL London	Luton	ER162331	3
200 Breaststroke	2:55.66	2:58.60	320	19/03/17	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER170330	3
50 Butterfly	41.83	42.30	140	24/01/15	Bishop Stortford 1st Winter Open Meet	Harlow	ER150011	3
50 Backstroke	41.57	42.10	150	12/07/15	Hatfield Summer Spectacle Level 3 Meet	Hatfield	ER151036	3
100 Backstroke	1:31.27	1:32.10	148	12/07/15	Hatfield Summer Spectacle Level 3 Meet	Hatfield	ER151036	3
200 Individual Medley	2:45.20	2:47.60	292	07/11/16	Hatfield Club Championships	Hatfield	ER162408	4
100 Individual Medley	1:16.82	1:16.80	263	02/04/17	Hatfield Regional Qual Meet 2017	Hatfield	ER170484	3