

Individual Best Times (All Time)

William Cox - (903204) - Cannock Phoenix Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.92	34.50	209	14/07/13	Wolverhampton Open Meet	Wolverhampton	WM3055	3
100 Freestyle	1:13.05	1:14.20	231	03/03/13	Staffordshire County Championships	Stafford	CC3010	2
200 Freestyle	2:39.01	2:41.20	244	14/04/13	Wyre Forest SC Forest Middlemeet	Wolverhampton	WM3223	3
400 Freestyle	5:31.47	5:35.70	262	17/03/13	Staffordshire County Championships	Stafford	CC3011	2
50 Breaststroke	46.95	47.60	150	02/03/13	Staffordshire County Championships	Stafford	CC3010	2
100 Breaststroke	1:44.63	1:45.80	147	17/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2
50 Butterfly	38.03	38.50	187	16/03/13	Staffordshire County Championships	Stafford	CC3011	2
100 Butterfly	1:32.70	1:33.50	136	18/11/12	Stafford Apex Licensed Meet	Stafford	WM2489	2
50 Backstroke	38.63	39.10	187	17/03/13	Staffordshire County Championships	Stafford	CC3011	2
100 Backstroke	1:26.94	1:27.90	171	09/12/12	Wyre Forest SC Christmas County Qualifier	Wolverhampton	WM2341	3
200 Backstroke	3:07.92	3:09.70	177	04/11/12	Chase SC 19th Roebuck Open Meet 2012	Wolverhampton	WM2497	2
200 Individual Medley	3:00.77	3:02.90	223	16/03/13	Staffordshire County Championships	Stafford	CC3011	2
100 Individual Medley	1:25.22	1:25.20	193	16/11/13	Stafford Apex Open Meet	Stafford	WM3712	2