

# Individual Best Times (All Time)

Paul Howlett - (905460) - Blackpool Aquatics ASC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.75	30.40	311	10/12/15	Blackpool Aquatics Club Championships 2015	Blackpool	NW152251	4
100 Freestyle	1:07.08	1:08.30	298	24/11/13	Blackpool Aquatics Club Championships	Blackpool	NW3902	4
400 Freestyle	5:33.86	5:38.00	256	07/12/14	Blackpool Club Champs	Blackpool	NW14649	4
1500 Freestyle	23:48.48	24:02.90	208	19/11/13	Blackpool Aquatics Club Championships	Blackpool	NW3902	4
50 Breaststroke	39.80	40.60	246	07/12/14	Blackpool Club Champs	Blackpool	NW14649	4
100 Breaststroke	1:27.69	1:29.10	250	07/12/14	Blackpool Club Champs	Blackpool	NW14649	4
50 Butterfly	34.72	35.30	245	07/12/14	Blackpool Club Champs	Blackpool	NW14649	4
200 Individual Medley	3:01.44	3:03.60	220	24/11/13	Blackpool Aquatics Club Championships	Blackpool	NW3902	4