

Individual Best Times (All Time)

Lewis Binning - (909889) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.05	24.20	581	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	ER190209	1
100 Freestyle	54.03	52.50	652	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	ER190178	1
200 Freestyle	1:56.10	1:53.10	678	28/07/19	British Summer Championships	Glasgow	BSW011	1
400 Freestyle	4:03.68	3:57.90	736	23/07/19	British Summer Championships	Glasgow	BSW011	1
800 Freestyle	8:33.93	8:22.60	680	27/07/19	British Summer Championships	Glasgow	BSW011	1
1500 Freestyle	16:37.85	16:17.00	665	25/07/19	British Summer Championships	Glasgow	BSW011	1
50 Breaststroke	30.94	29.90	589	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
100 Breaststroke	1:09.90	1:08.10	538	15/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
200 Breaststroke	2:32.90	2:29.40	552	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
50 Butterfly	26.41	25.70	599	04/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
100 Butterfly	58.23	56.90	612	08/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
200 Butterfly	2:09.63	2:07.20	616	25/07/18	British Summer Championships	Sheffield	BSW006	1
50 Backstroke	30.17	29.50	475	01/04/18	BPSC Easter Meet 2018	Basildon	ER180211	1
100 Backstroke	1:06.00	1:04.80	477	12/05/18	BPSC Spring Long Course Event 2018	Basildon	ER180360	1
200 Backstroke	2:23.50	2:21.20	474	01/04/18	BPSC Easter Meet 2018	Basildon	ER180211	1
200 Individual Medley	2:12.12	2:09.10	642	15/03/20	2020 Wycombe Long Course Premier Meet	Wycombe	SE200376	1
400 Individual Medley	4:38.99	4:32.60	656	31/07/19	Swim England National Summer Meet	Sheffield	ENG014	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.70	25.50	543	11/10/20	Basildon and Phoenix SC	Basildon	LEX012	0
100 Freestyle	53.25	54.80	597	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
200 Freestyle	1:53.55	1:56.60	670	16/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
400 Freestyle	4:01.40	4:07.10	679	05/12/19	Swim England National Winter Championships (25m)	Sheffield	ENG017	2
800 Freestyle	8:28.20	8:39.40	664	19/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
1500 Freestyle	15:59.83	16:21.00	686	18/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Breaststroke	30.26	31.30	560	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Breaststroke	1:07.38	1:09.20	552	09/10/21	The National Arena Swimming League London Round 1	London	ER210622	2
200 Breaststroke	2:29.68	2:33.20	517	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
50 Butterfly	25.94	26.70	589	29/05/21	Basildon & Phoenix	Basildon SV	LEX1400	0
100 Butterfly	57.81	59.10	564	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Butterfly	2:07.24	2:09.70	592	20/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Backstroke	28.68	29.40	458	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
100 Backstroke	1:01.53	1:02.80	484	26/06/21	BPSC Club Championships 2021	Basildon	ER210167	4
200 Backstroke	2:17.25	2:19.70	455	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
200 Individual Medley	2:08.85	2:11.90	615	09/10/21	The National Arena Swimming League London Round 1	London	ER210622	2
400 Individual Medley	4:36.75	4:43.00	610	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
100 Individual Medley	59.75	59.80	561	26/06/21	BPSC Club Championships 2021	Basildon	ER210167	4