

Individual Best Times (All Time)

Luke Knaggs - (911198) - Kippax SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.97	28.20	376	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
100 Freestyle	1:05.63	1:04.30	363	12/07/15	Richmond Dales Summer Madness Meet	Leeds	NE150566	3
200 Freestyle	2:25.02	2:22.60	347	12/07/15	Richmond Dales Summer Madness Meet	Leeds	NE150566	3
50 Breaststroke	39.28	38.50	288	28/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Breaststroke	1:50.10	1:48.90	137	07/07/13	Borough of Barnsley SC 6th Summer Sizzler	Sheffield	NE3418	3
50 Butterfly	30.69	30.10	382	28/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Butterfly	1:11.70	1:10.60	328	19/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
50 Backstroke	34.42	33.80	320	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
100 Backstroke	1:21.46	1:20.50	254	13/03/16	Team Jorvik Spring Festival	Leeds	NE160158	3
200 Individual Medley	2:43.75	2:41.30	337	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.66	28.40	387	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
100 Freestyle	1:00.78	1:02.10	401	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
200 Freestyle	2:14.73	2:17.30	401	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
400 Freestyle	4:52.51	4:57.30	382	08/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
50 Breaststroke	36.53	37.40	318	07/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
100 Breaststroke	1:24.64	1:26.10	278	02/04/16	Spa Town Meet	Harrogate	NE160247	3
50 Butterfly	28.93	29.60	424	07/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
100 Butterfly	1:07.08	1:08.20	361	25/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
200 Butterfly	2:38.64	2:40.60	305	24/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
50 Backstroke	31.79	32.40	336	08/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
100 Backstroke	1:09.99	1:11.10	329	08/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
200 Individual Medley	2:32.96	2:35.50	368	07/01/17	Harrogate Janus A & B Grade Meet	Harrogate	NE170166	3
100 Individual Medley	1:14.86	1:14.90	285	20/06/15	Team Jorvik Viking Sprints 2015	Leeds	NE150569	3