

# Individual Best Times (All Time)

Josef Backhouse - (919755) - Bradford SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.18	33.60	228	27/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Freestyle	1:17.89	1:16.80	217	05/12/15	Borough of Barnsley 20th Annual Christmas Sprint	Sheffield	NE152097	3
200 Freestyle	3:10.65	3:08.80	153	19/01/14	Co Leeds New Year Meet 2014	Leeds	NE4019	3
50 Breaststroke	47.29	46.60	165	27/02/16	Yorkshire County Championships	Sheffield	NE160070	1
50 Butterfly	38.54	38.00	192	27/02/16	Yorkshire County Championships	Sheffield	NE160070	1
50 Backstroke	38.34	37.80	231	27/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Backstroke	1:27.98	1:27.10	201	31/05/15	Sports Aid Long Course Licensed Meet	Leeds	NE150214	1
200 Backstroke	3:08.20	3:06.40	210	30/05/15	Sports Aid Long Course Licensed Meet	Leeds	NE150214	1
200 Individual Medley	3:09.90	3:07.80	216	31/05/15	Sports Aid Long Course Licensed Meet	Leeds	NE150214	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.83	34.40	211	09/01/16	Harrogate District Janus Meet	Harrogate	NE160212	3
100 Freestyle	1:14.26	1:15.40	220	19/07/15	City of Bradford SC End of Season Meet Level 3	Shipley	NE150916	3
200 Freestyle	3:03.24	3:05.10	159	27/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
50 Breaststroke	47.32	48.00	146	26/04/15	Harrogate District Spa Town Meet	Harrogate	NE150215	3
100 Breaststroke	1:43.01	1:44.20	154	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield	NE150893	3
50 Butterfly	39.83	40.30	162	18/07/15	City of Bradford SC End of Season Meet Level 3	Shipley	NE150916	3
100 Butterfly	1:29.33	1:30.20	153	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield	NE150893	3
50 Backstroke	39.44	39.90	176	26/04/15	Harrogate District Spa Town Meet	Harrogate	NE150215	3
100 Backstroke	1:23.65	1:24.60	192	10/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Backstroke	2:57.78	2:59.60	209	18/07/15	City of Bradford SC End of Season Meet Level 3	Shipley	NE150916	3
200 Individual Medley	3:01.82	3:04.00	219	10/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
100 Individual Medley	1:34.32	1:34.30	142	21/06/14	Team Jorvik Viking Sprints	Leeds	NE4419	3