

Individual Best Times (All Time)

Joshua Goodman - (923938) - Gainsborough Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	56.37	55.80	97	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
200 Individual Medley	3:48.30	3:46.60	124	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.15	32.80	246	13/11/16	Scunthorpe Anchor Remembrance Meet	Scunthorpe	NE160616	3
100 Freestyle	1:08.98	1:10.20	274	01/10/16	Gainsborough Dolphins Club Champs (gala 1)	West Lindsey	EM160648	4
200 Freestyle	2:29.70	2:32.00	292	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2
400 Freestyle	5:21.38	5:25.70	288	02/07/16	Gainsborough Dolphins Club Champs (gala 1)	West Lindsey	EM160647	4
1500 Freestyle	23:12.46	23:27.20	224	14/02/15	Lincolnshire County ASA Swimming Championships	Grantham	CC150039	2
50 Breaststroke	43.83	44.50	184	13/11/16	Scunthorpe Anchor Remembrance Meet	Scunthorpe	NE160616	3
100 Breaststroke	1:35.41	1:36.70	194	23/10/16	Peter Jervis Memorial Meet	Retford	EM161928	3
200 Breaststroke	3:16.69	3:19.40	227	01/10/16	Gainsborough Dolphins Club Champs (gala 1)	West Lindsey	EM160648	4
50 Butterfly	34.96	35.50	240	13/11/16	Scunthorpe Anchor Remembrance Meet	Scunthorpe	NE160616	3
100 Butterfly	1:16.60	1:17.60	242	12/06/16	City of Lincoln Pentaqua Dual Meet	Lincoln	EM160793	4
200 Butterfly	2:49.36	2:51.20	251	01/04/16	Kingston upon Hull Easter Short Course Meet	Hull	NE160430	3
50 Backstroke	37.40	37.90	206	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2
100 Backstroke	1:18.85	1:19.90	230	23/10/16	Peter Jervis Memorial Meet	Retford	EM161928	3
200 Backstroke	2:44.81	2:46.80	263	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Individual Medley	2:47.10	2:49.40	282	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
400 Individual Medley	6:03.61	6:08.40	269	12/11/16	Gainsborough Dolphins Club Champs (gala 1)	West Lindsey	EM160650	4
100 Individual Medley	1:18.60	1:18.60	246	21/01/17	Lincolnshire County Championships 2017	Grantham	EM170026	2