

Individual Best Times (All Time)

Thomas Runting - (933262) - Kent Weald Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.41	28.70	359	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Freestyle	1:01.25	59.90	447	05/02/17	Kent Swimming Championships	Crystal Palace	SE170173	1
100 Breaststroke	1:20.57	1:19.00	351	08/06/19	The White Horse League 2019	Crystal Palace	LR191172	3
50 Backstroke	35.52	34.90	291	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Backstroke	1:11.20	1:10.10	380	08/06/19	The White Horse League 2019	Crystal Palace	LR191172	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.08	27.80	412	05/01/19	Kent Weald Last Chance County Qualifier	Gillingham	SE190126	3
100 Freestyle	57.89	59.30	464	05/05/19	Black Lion Level 3 Spring Open Meet	Medway Park	SE191534	3
200 Freestyle	2:05.57	2:08.30	495	04/05/19	Black Lion Level 3 Spring Open Meet	Medway Park	SE191534	3
400 Freestyle	4:25.97	4:31.20	508	23/03/19	Medway ASA Championships 2019	Gillingham	SE190496	3
800 Freestyle	10:22.69	10:31.90	361	09/10/17	Gravesend & Northfleet Club Championships	Northfleet	SE171533	4
1500 Freestyle	19:36.03	19:53.50	373	26/10/17	Gravesend & Northfleet Club Champs	Strood	SE171535	4
50 Breaststroke	34.75	35.60	370	30/03/19	The White Horse League 2019	The Eltham Centre	LR191171	3
100 Breaststroke	1:17.06	1:18.70	369	04/05/19	Black Lion Level 3 Spring Open Meet	Medway Park	SE191534	3
200 Breaststroke	2:52.63	2:55.70	337	12/07/19	GNSC Club Championships	Cygnets	SE192216	4
50 Butterfly	35.01	35.50	239	05/12/15	Gravesend & Northfleet Open Meet 2015	Gillingham	SE150573	3
100 Butterfly	1:24.40	1:25.30	181	11/07/15	Beachfield Swimming Squad Summer Open	Gillingham	SE151101	3
50 Backstroke	31.94	32.60	331	04/05/19	Black Lion Level 3 Spring Open Meet	Medway Park	SE191534	3
100 Backstroke	1:06.17	1:07.40	389	23/03/19	Medway ASA Championships 2019	Gillingham	SE190496	3
200 Backstroke	2:34.62	2:36.80	318	11/10/17	Gravesend & Northfleet Club Champs	Strood	SE171535	4
200 Individual Medley	2:47.38	2:49.70	280	27/09/15	GNSC 2015 Club Championships	Gillingham	SE150345	4
100 Individual Medley	1:07.31	1:07.30	392	05/05/19	Black Lion Level 3 Spring Open Meet	Medway Park	SE191534	3