

Individual Best Times (All Time)

Kai Johnson - (941470) - Saxon Crown (Lewisham) SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.56	25.80	487	02/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Freestyle	59.29	57.90	493	13/07/19	Portsmouth Northsea End of Season Meet 2019	Mountbatten SC	SE191275	3
200 Freestyle	2:13.13	2:10.50	449	25/01/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200206	1
400 Freestyle	4:43.49	4:38.50	467	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
1500 Freestyle	19:01.15	18:42.90	444	24/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160328	1
50 Breaststroke	32.93	32.00	489	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Breaststroke	1:17.42	1:15.80	396	18/01/20	2020 Kent ASA Swimming Championships	London	SE200205	1
200 Breaststroke	2:56.56	2:53.50	358	15/04/17	BPSC Easter Meet 2017	Basildon	ER170182	1
50 Butterfly	28.32	27.60	486	01/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
100 Butterfly	1:03.46	1:02.30	473	19/01/20	2020 Kent ASA Swimming Championships	London	SE200205	1
50 Backstroke	33.62	33.00	343	11/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Backstroke	1:12.46	1:11.30	361	28/05/17	2017 London Swimming May Open Meet	London	LR170886	1
200 Backstroke	2:40.42	2:38.30	339	06/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
200 Individual Medley	2:29.75	2:27.10	441	02/02/20	2020 Kent ASA Swimming Championships	Crystal Palace	SE200207	1
400 Individual Medley	5:19.90	5:14.40	435	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.79	26.60	477	03/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Freestyle	56.33	57.80	504	04/01/20	Icebreakers 2020	Dover	SE200292	3
200 Freestyle	2:04.31	2:07.10	510	04/01/20	Icebreakers 2020	Dover	SE200292	3
400 Freestyle	4:30.52	4:35.70	482	05/01/20	Icebreakers 2020	Dover	SE200292	3
1500 Freestyle	18:01.68	18:20.60	479	17/12/18	Saxon Crown (Lewisham) Club Championships Part 2	Glass Mill LC	LR182700	4
50 Breaststroke	32.45	33.40	454	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Breaststroke	1:13.42	1:15.10	426	29/09/19	Orpington Ojays Season Starter 2019 Open Meet	Kent	LR192254	3
200 Breaststroke	2:45.76	2:48.90	380	14/07/18	Saxon Crown (Lewisham) Club Championships	Glass Mill LC	LR181745	4
50 Butterfly	27.87	28.50	475	04/01/20	Icebreakers 2020	Dover	SE200292	3
100 Butterfly	1:01.48	1:02.70	469	05/01/20	Icebreakers 2020	Dover	SE200292	3
200 Butterfly	2:34.41	2:36.40	331	17/03/18	Dartford Spring Meet	Medway	SE180241	3
50 Backstroke	32.23	32.80	322	15/07/18	Saxon Crown (Lewisham) Club Championships	Glass Mill LC	LR181745	4
100 Backstroke	1:09.63	1:10.80	334	04/03/17	The White Horse League 2017	Eltham	LR170810	3
200 Backstroke	2:28.02	2:30.30	363	05/12/16	Saxon Crown 2016 Club Championships	Downham	LR162244	4
200 Individual Medley	2:19.10	2:21.90	489	14/12/19	NASL London Round 3	Westminster Lodge	ER192875	3
400 Individual Medley	5:03.84	5:09.60	461	06/01/19	Dover and Canterbury SC (Jointly) Icebreaker 2019	Kent	SE190194	3
100 Individual Medley	1:08.41	1:08.40	373	05/11/17	DDSC EDSC Fireworks Meet 2017	Bexleyheath	SE170568	3