

# Individual Best Times (All Time)

Alexander Bryan - (947040) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.73	31.10	286	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
100 Freestyle	1:10.36	1:09.20	295	01/12/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
200 Freestyle	2:35.23	2:33.00	283	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
400 Freestyle	6:15.76	6:12.00	200	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
100 Breaststroke	1:43.34	1:42.10	166	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
100 Butterfly	1:20.25	1:19.30	233	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
200 Butterfly	3:09.01	3:07.30	198	26/01/19	Norfolk County Championships 2019	Norwich	ER191264	1
50 Backstroke	37.33	36.80	251	30/11/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
100 Backstroke	1:29.56	1:28.70	191	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	ER180025	3
200 Backstroke	2:54.13	2:52.20	265	01/12/19	City of Sheffield Swim Squad Snow Frills	Sheffield	NE190403	3
200 Individual Medley	3:01.18	2:59.00	249	02/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	ER190092	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.65	29.40	348	02/10/22	Dereham & District ASC Icen Open	Dereham	ER221411	3
100 Freestyle	1:01.41	1:02.80	389	19/03/22	West Norfolk SC Open Meet 2022	Kings Lynn	ER220087	3
200 Freestyle	2:16.92	2:19.40	382	12/12/21	Diss Otters SC Santa's Splash & Dash	Norwich	ER210777	3
400 Freestyle	5:56.13	6:00.10	211	10/07/17	West Norfolk Club Championships 2017	Kings Lynn	ER170452	4
1500 Freestyle	23:31.73	23:46.30	215	14/07/17	West Norfolk Club Championships 2017	Kings Lynn	ER170453	4
50 Breaststroke	43.03	43.80	194	18/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	ER221174	4
100 Breaststroke	1:30.11	1:31.50	230	16/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	ER221172	4
200 Breaststroke	3:28.16	3:30.70	192	28/09/19	Dereham & District Icen Level 3 Open Meet	Dereham	ER192087	3
50 Butterfly	31.75	32.30	321	01/10/22	Dereham & District ASC Icen Open	Dereham	ER221411	3
100 Butterfly	1:12.02	1:13.10	291	02/10/22	Dereham & District ASC Icen Open	Dereham	ER221411	3
200 Butterfly	2:40.44	2:42.40	295	28/11/21	Hatfield SC County Qualifier	Hatfield	ER210881	3
50 Backstroke	32.85	33.50	304	02/10/22	Dereham & District ASC Icen Open	Dereham	ER221411	3
100 Backstroke	1:11.82	1:12.90	304	28/06/21	West Norfolk SC Club Champs 2021	Kings Lynn	ER210211	4
200 Backstroke	2:36.59	2:38.70	306	23/06/21	West Norfolk SC Club Champs 2021	Kings Lynn	ER210213	4
200 Individual Medley	2:35.70	2:38.20	349	27/11/21	Hatfield SC County Qualifier	Hatfield	ER210881	3
400 Individual Medley	6:12.99	6:17.70	249	29/06/19	WNNSC Club Championships 2019	Downham Market	ER192251	4
100 Individual Medley	1:13.24	1:13.20	304	30/10/22	Teamipswich Swimming Club Spooktacular Open Meet	Ipswich	ER221508	3