

# Individual Best Times (All Time)

Ewan Cox - (952035) - City of Linc Pentaqua SC

## Long Course

| Stroke         | LC Time | Converted to SC | LC WA Pts | Date     | Meet  | Venue      | Licence  | Level |
|----------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle   | 24.62   | 23.80           | 612       | 05/05/24 | SE East Midlands Regional LC Championships 2024 | Derby      | EM240623 | 1     |
| 100 Freestyle  | 54.95   | 53.40           | 620       | 09/03/24 | NOVA Centurion March National Qualifier 2024    | Nottingham | EM240290 | 1     |
| 200 Freestyle  | 2:06.01 | 2:03.20         | 530       | 21/04/24 | SE East Midlands Regional LC Championships 2024 | Corby      | EM240622 | 1     |
| 50 Butterfly   | 25.95   | 25.20           | 632       | 06/05/24 | SE East Midlands Regional LC Championships 2024 | Derby      | EM240623 | 1     |
| 100 Butterfly  | 59.51   | 58.20           | 573       | 03/08/23 | Swim England National Summer Meet 2023          | Sheffield  | ENG028   | 1     |
| 50 Backstroke  | 31.34   | 30.70           | 424       | 01/05/23 | East Midlands Regional LC Championships 2023    | Derby      | EM230742 | 1     |
| 100 Backstroke | 1:12.88 | 1:11.80         | 354       | 10/09/22 | Sherwood Colliery SC The Robin Hood Open Meet   | Sheffield  | EM220642 | 3     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet  | Venue      | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|---|------------|----------|-------|
| 50 Freestyle          | 24.16   | 25.00           | 581       | 03/02/24 | Lincolnshire County Championships 2024            | Louth      | EM240006 | 2     |
| 100 Freestyle         | 52.97   | 54.50           | 606       | 04/02/24 | Lincolnshire County Championships 2024            | Louth      | EM240006 | 2     |
| 200 Freestyle         | 2:00.27 | 2:03.10         | 564       | 04/11/23 | SE EM Short Course Championships 2023             | Nottingham | EM232280 | 2     |
| 400 Freestyle         | 4:41.69 | 4:46.60         | 427       | 30/10/22 | Leicester Sharks Competitive SC Trick or Treat    | Nuneaton   | EM221063 | 3     |
| 50 Breaststroke       | 33.25   | 34.20           | 422       | 22/10/23 | Lincoln Vulcans SC & Louth SC Level 3 Meet 2023   | Louth      | EM231527 | 3     |
| 200 Breaststroke      | 4:13.42 | 4:15.50         | 106       | 10/06/18 | City of Lincoln Pentaqua Dual Meet v Gainsborough | Lincoln    | EM181425 | 4     |
| 50 Butterfly          | 25.95   | 26.70           | 588       | 01/07/23 | Co Lincoln Pentaqua & Deepings Joint Club Champs  | Grantham   | EM231151 | 3     |
| 100 Butterfly         | 57.38   | 58.70           | 577       | 04/11/23 | SE EM Short Course Championships 2023             | Nottingham | EM232280 | 2     |
| 50 Backstroke         | 30.04   | 30.70           | 398       | 20/11/22 | Nova Centurion November Meet                      | Nottingham | EM220652 | 2     |
| 100 Backstroke        | 1:06.29 | 1:07.50         | 387       | 20/11/22 | Nova Centurion November Meet                      | Nottingham | EM220652 | 2     |
| 200 Backstroke        | 2:28.94 | 2:31.20         | 356       | 16/10/22 | Lincoln Vulcans SC & Louth SC Level 3 Meet 2022   | Louth      | EM221727 | 3     |
| 200 Individual Medley | 2:16.97 | 2:19.80         | 512       | 03/02/24 | Lincolnshire County Championships 2024            | Louth      | EM240006 | 2     |
| 100 Individual Medley | 1:01.51 | 1:01.50         | 514       | 04/02/24 | Lincolnshire County Championships 2024            | Louth      | EM240006 | 2     |