

# Individual Best Times (All Time)

Seyi Bankole - (956193) - Hemel Hempstead SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.19	33.60	228	23/04/16	WDSC Long Course Sprint Meet	Wycombe	SE160110	3
100 Freestyle	1:35.61	1:34.70	117	05/04/14	The Bracknell Spring Level 3 Open Meet 2014	Aldershot	SE4227	3
50 Breaststroke	35.04	34.10	406	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	SE180159	1
100 Breaststroke	1:23.25	1:21.70	318	28/05/17	ASA East Region Long Course Championships	Norwich	ER170220	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.56	30.30	317	20/05/18	HHSC Spring Development Meet	SportSpace	ER180666	3
100 Freestyle	1:09.27	1:10.50	271	02/07/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171345	4
200 Freestyle	3:51.56	3:53.10	79	23/11/13	Hemel Hempstead Middle Distance Meet	Hemel Hempstead	ER31024	4
400 Freestyle	6:27.88	6:31.50	163	13/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	ER162493	3
50 Breaststroke	33.65	34.60	407	03/12/17	Open Winter Meet 2017	St Albans	ER171804	3
100 Breaststroke	1:19.00	1:20.60	342	03/12/17	Open Winter Meet 2017	St Albans	ER171804	3
200 Breaststroke	3:06.47	3:09.30	267	26/11/17	Black Lion L3 Winter Open Meet 2017	Medway Park	SE170467	3
50 Butterfly	37.37	37.90	197	20/05/17	Hemel Hempstead Spring Development Meet	Hemel Hempstead	ER170858	3
50 Backstroke	37.08	37.60	212	18/03/18	Borough of Harrow Regional Qualifier Meet 2018	Borough of Harrow	LR180314	3
200 Individual Medley	2:55.81	2:58.00	242	21/06/17	Hemel Hempstead Club Championships	Hemel Hempstead	ER171343	4
100 Individual Medley	1:17.03	1:17.00	261	19/05/18	HHSC Spring Development Meet	SportSpace	ER180666	3