

# Individual Best Times (All Time)

Rocco Ilhan - (959596) - Wandsworth SC

## Long Course

| Stroke       | LC Time | Converted to SC | LC WA Pts | Date     | Meet                           | Venue          | Licence | Level |
|--------------|---------|-----------------|-----------|----------|--------------------------------|----------------|---------|-------|
| 50 Freestyle | 39.67   | 39.10           | 146       | 23/03/14 | BG Surrey County Championships | Crystal Palace | CC4054  | 1     |

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                  | Venue     | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|---------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 36.10   | 36.70           | 174       | 26/09/15 | Wandsworth SC Club Championships 2015 | Epsom     | LR151825 | 4     |
| 100 Freestyle         | 1:23.59 | 1:24.60         | 154       | 03/10/15 | Wandsworth SC Club Championships 2015 | Epsom     | LR151826 | 4     |
| 200 Freestyle         | 3:12.52 | 3:14.30         | 137       | 17/10/15 | Wandsworth SC Club Championships 2015 | Epsom     | LR151827 | 4     |
| 50 Breaststroke       | 52.36   | 53.00           | 108       | 26/09/15 | Wandsworth SC Club Championships 2015 | Epsom     | LR151825 | 4     |
| 100 Breaststroke      | 1:53.38 | 1:54.50         | 115       | 17/10/15 | Wandsworth SC Club Championships 2015 | Epsom     | LR151827 | 4     |
| 200 Breaststroke      | 3:53.44 | 3:55.70         | 136       | 07/06/15 | Surrey Development Meet 2015          | Guildford | LR150938 | 3     |
| 50 Butterfly          | 48.94   | 49.30           | 87        | 26/09/15 | Wandsworth SC Club Championships 2015 | Epsom     | LR151825 | 4     |
| 50 Backstroke         | 42.83   | 43.30           | 137       | 07/06/15 | Surrey Development Meet 2015          | Guildford | LR150938 | 3     |
| 200 Individual Medley | 3:54.41 | 3:56.10         | 102       | 04/10/14 | Wandsworth Club Championships         | Epsom     | LR14489  | 4     |
| 100 Individual Medley | 2:05.47 | 2:05.50         | 60        | 02/11/13 | Wandsworth SC Club Championships 2013 | Epsom     | LR3761   | 4     |