

# Individual Best Times (All Time)

Nathan Banga - (966426) - Barking & Dagenham Aquatics Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.96	25.10	522	01/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
100 Freestyle	56.11	54.60	582	25/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
200 Freestyle	2:03.35	2:00.50	565	08/05/22	NUEL SC National Qualifier Open Meet 2022	Stratford	LR220404	1
400 Freestyle	4:23.44	4:18.10	582	01/05/22	SE London Summer Championships 2022	Stratford	LR220486	1
800 Freestyle	9:12.67	9:02.10	547	15/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
1500 Freestyle	17:40.57	17:21.00	553	26/05/18	Cardiff International Open Meet	Cardiff	WL180158	1
50 Breaststroke	34.12	33.20	439	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Breaststroke	1:20.83	1:19.30	348	16/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
200 Breaststroke	2:51.75	2:48.60	389	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
50 Butterfly	29.08	28.40	449	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Butterfly	1:12.72	1:11.70	314	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
200 Butterfly	2:36.47	2:34.40	350	01/03/20	Essex Age Group Championships 2020	Basildon	ER200175	1
50 Backstroke	34.06	33.50	330	01/02/20	Essex Age Group Championships 2020	London	ER200176	1
100 Backstroke	1:08.84	1:07.70	421	29/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
200 Backstroke	2:28.95	2:26.70	424	29/02/20	Essex Age Group Championships 2020	Basildon	ER200175	1
200 Individual Medley	2:26.79	2:24.10	468	16/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1
400 Individual Medley	5:08.46	5:02.70	485	15/02/20	Essex Age Group Championships 2020	Basildon	ER200178	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.79	25.60	537	12/06/21	Summer B&D Champs 2021	Dagenham	LR210136	4
100 Freestyle	54.20	55.70	566	12/06/21	Summer B&D Champs 2021	Dagenham	LR210136	4
200 Freestyle	1:58.48	2:01.40	589	13/06/21	Summer B&D Champs 2021	Dagenham	LR210137	4
400 Freestyle	4:16.86	4:22.30	564	26/02/22	Swim England Essex Age Group Championships 2022	Basildon	ER220051	2
800 Freestyle	8:48.67	8:59.50	590	09/12/18	Long Distance Dual Club Time Trial 2018	East Ham	LR182576	3
1500 Freestyle	17:00.94	17:20.90	570	21/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
50 Breaststroke	34.68	35.60	372	20/10/18	Essex Senior Winter Champs 2018	Basildon	ER181237	2
100 Breaststroke	1:14.29	1:16.00	412	11/12/21	The National Arena Swimming League London Round 3	London	ER210634	2
200 Breaststroke	2:45.39	2:48.60	383	05/10/19	9th David Jacobs Memorial Meet	Basildon	LR192264	3
50 Butterfly	27.80	28.50	478	17/10/21	Swim England Essex Winter Championships 2021	Basildon	ER210501	2
100 Butterfly	1:04.62	1:05.80	404	16/10/21	Swim England Essex Winter Championships 2021	Basildon	ER210501	2
200 Butterfly	2:29.56	2:31.70	364	06/10/19	9th David Jacobs Memorial Meet	Basildon	LR192264	3
50 Backstroke	33.29	33.90	292	23/10/20	Barking and Dagenham	Becontree Health	LEX963	0
100 Backstroke	1:07.59	1:08.80	365	05/10/19	9th David Jacobs Memorial Meet	Basildon	LR192264	3
200 Backstroke	2:33.69	2:35.80	324	11/12/16	Thurrock Last Chance County Qualifier	Thurrock	ER160664	3
200 Individual Medley	2:19.20	2:22.00	488	13/06/21	Summer B&D Champs 2021	Dagenham	LR210137	4
400 Individual Medley	5:02.98	5:08.70	465	16/12/17	Christmas at Dagenham 2017 Open Meet	Dagenham	LR170717	3
100 Individual Medley	1:03.81	1:03.80	460	17/10/21	Swim England Essex Winter Championships 2021	Basildon	ER210501	2