

# Individual Best Times (All Time)

Jake Bowen - (97001060) - Rhyl Dolphins SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	46.09	46.50	83	06/01/24	Holywell ASC Valentine Gala 2024	Holywell	WL240193	2
100 Freestyle	1:41.41	1:42.20	86	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Breaststroke	1:04.61	1:05.10	57	23/09/23	Swim Conwy Closed Invitational Meet 2023	Llandudno	WL231998	3
100 Breaststroke	2:25.88	2:26.70	54	07/01/24	Holywell ASC Valentine Gala 2024	Holywell	WL240194	3
50 Butterfly	56.49	56.80	57	07/01/24	Holywell ASC Valentine Gala 2024	Holywell	WL240194	3
50 Backstroke	53.00	53.40	72	24/09/23	Swim Conwy Closed Invitational Meet 2023	Llandudno	WL231998	3
100 Backstroke	1:54.83	1:55.50	74	27/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
200 Backstroke	3:59.81	4:01.20	85	27/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2
200 Individual Medley	4:20.95	4:22.50	74	03/03/24	Menai AA&B Meet 2024	Llandudno	WL240609	3
100 Individual Medley	1:53.00	1:53.00	82	27/04/24	Wrexham Spring Meet 2024	Wrexham	WL240611	2