

# Individual Best Times (All Time)

Max Balderson - (972920) - Rushden ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.57	23.70	616	12/02/23	Northamptonshire ASA County Championships 2023	Corby	EM230155	1
100 Freestyle	54.37	52.80	640	11/02/23	Northamptonshire ASA County Championships 2023	Corby	EM230155	1
200 Freestyle	2:10.30	2:07.60	479	28/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230153	1
50 Breaststroke	30.83	29.80	596	11/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
100 Breaststroke	1:11.22	1:09.40	509	28/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230153	1
200 Breaststroke	3:41.28	3:38.90	182	07/02/15	Northamptonshire ASA 2015 County Championships	Corby	CC150458	1
50 Butterfly	27.76	27.10	516	18/12/22	Northampton SC Winter Festival 2022	Corby	EM221730	1
100 Butterfly	1:05.08	1:03.90	438	29/01/23	Northamptonshire ASA County Championships 2023	Corby	EM230153	1
50 Backstroke	29.96	29.30	485	26/03/22	Corby ASC Annual LC Open Meet	Corby	EM220112	3
100 Backstroke	1:07.70	1:06.50	442	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
200 Backstroke	2:41.63	2:39.60	332	26/01/19	2019 NASA County Championships	Corby	EM190543	1
200 Individual Medley	2:29.93	2:27.30	439	12/02/22	Northamptonshire ASA County Championships 2022	Corby	EM220231	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.91	24.80	599	05/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2
100 Freestyle	53.34	54.90	594	08/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
200 Freestyle	2:11.93	2:14.50	427	16/11/19	Wellingborough Annual & Distance Championships	Wellingborough	EM193177	4
400 Freestyle	5:07.75	5:12.30	328	03/12/17	Nottinghamshire Festive Frenzy Gala 2017	Nottingham	EM172167	3
1500 Freestyle	19:30.15	19:47.70	379	01/12/18	Wellingborough Annual Champs & District	Wellingborough	EM182506	4
50 Breaststroke	29.67	30.70	594	22/10/23	Team Luton Autumn Short Course Meet 2023	Luton	ER231536	3
100 Breaststroke	1:08.43	1:10.20	527	07/10/23	Corby October SC Open Meet 2023	Corby	EM231519	3
200 Breaststroke	2:48.10	2:51.20	365	24/11/18	Wellingborough Annual Champs & District	Wellingborough	EM182505	4
50 Butterfly	27.19	27.90	511	06/11/22	SE East Midlands Regional SC Championships 2022	Nottingham	EM222140	2
100 Butterfly	1:02.26	1:03.50	451	20/11/22	The Leicester Open Meet 2022	Braunstone	EM221459	2
50 Backstroke	28.87	29.60	449	16/09/23	Northamptonshire ASA County SC Competition 2023	Corby	EM231859	3
100 Backstroke	1:03.02	1:04.30	451	20/11/22	The Leicester Open Meet 2022	Braunstone	EM221459	2
200 Backstroke	2:25.49	2:27.80	382	16/11/19	Wellingborough Annual & Distance Championships	Wellingborough	EM193177	4
200 Individual Medley	2:27.47	2:30.10	410	23/11/19	Wellingborough Annual & Distance Championships	Wellingborough	EM193178	4
100 Individual Medley	1:02.07	1:02.10	500	16/09/23	Northamptonshire ASA County SC Competition 2023	Corby	EM231859	3