

Individual Best Times (All Time)

Jacob Trim - (975489) - Rochford & District SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.43	36.00	184	11/11/14	National Arena League London Round Division 1	Becontree	LR14170	3
100 Freestyle	1:32.09	1:33.00	115	21/06/14	Rochford & District SC Club Championships 2014	Rochford	ER4476	4
50 Breaststroke	47.06	47.70	149	15/10/16	Rochford & District Club Championships	Rochford	ER162082	4
100 Breaststroke	1:41.94	1:43.20	159	15/10/16	Rochford & District Club Championships	Rochford	ER162082	4
200 Breaststroke	3:55.85	3:58.10	132	08/12/13	Rochford & District SC Club Time Trials 2013	Rochford	ER3933	4
50 Butterfly	45.34	45.80	110	10/10/15	National Arena League-London Div1&2 Rounds123	Dagenham	ER152118	3
50 Backstroke	43.05	43.50	135	12/12/15	National Arena League-London Div1&2 Rounds123	Braintree	ER152117	3
100 Backstroke	1:32.76	1:33.60	141	12/11/16	NASL London	Braintree	ER162322	3
200 Individual Medley	3:28.31	3:30.20	145	04/07/15	Rochford & District Club Championships 2015	Rochford	ER151366	4
100 Individual Medley	1:35.18	1:35.20	138	05/07/15	Rochford & District Club Championships 2015	Rochford	ER151366	4