

Individual Best Times (All Time)

Jacob Back - (1153272) - Caerphilly County Swim Squad

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.93	41.40	119	15/12/13	City of Newport Christmas Cracker	Newport	WAL538	4
100 Freestyle	1:32.84	1:33.70	112	01/12/13	South East Wales Sub Regional Gala	Newport	WAL534	4
200 Freestyle	3:24.40	3:26.10	114	14/09/14	Caerphilly Club Championships	Caerphilly	WAL588	4
50 Breaststroke	1:01.28	1:01.80	67	15/12/13	City of Newport Christmas Cracker	Newport	WAL538	4
100 Breaststroke	2:13.17	2:14.10	71	01/12/13	South East Wales Sub Regional Gala	Newport	WAL534	4
200 Breaststroke	4:28.89	4:30.90	89	13/09/14	Caerphilly Club Championships	Caerphilly	WAL588	4
50 Butterfly	54.75	55.10	62	15/12/13	City of Newport Christmas Cracker	Newport	WAL538	4
50 Backstroke	48.45	48.90	95	15/12/13	City of Newport Christmas Cracker	Newport	WAL538	4
100 Backstroke	1:51.71	1:52.40	80	13/09/14	Caerphilly Club Championships	Caerphilly	WAL588	4
200 Backstroke	3:54.96	3:56.40	90	14/09/14	Caerphilly Club Championships	Caerphilly	WAL588	4
200 Individual Medley	4:38.92	4:40.30	60	15/09/13	Caerphilly Club Championships	Caerphilly	WAL513	4