

Individual Best Times (All Time)

Stephen Appleby - (540919) - North Dorset Turbos SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.68	29.40	347	22/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150142	2
100 Freestyle	1:13.85	1:15.00	223	02/12/12	West Dorset Warriors SC Christmas Meet	Dorchester	SW2508	3
200 Freestyle	3:15.61	3:17.40	131	21/02/10	Dorset County Champs	Bournemouth	CC0016	2
50 Breaststroke	34.99	35.90	362	05/07/14	2014 Dorset Development Competition	Littledown	SW4094	3
100 Breaststroke	1:19.79	1:21.40	332	01/03/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150143	2
200 Breaststroke	3:04.93	3:07.80	274	06/07/14	2014 Dorset Development Competition	Littledown	SW4094	3
50 Butterfly	34.26	34.80	255	07/12/14	West Dorset Christmas Open Meet 2014	Dorchester	SW4925	3
50 Backstroke	36.49	37.00	222	01/12/13	West Dorset Christmas Open Meet	Dorchester	SW3655	3
200 Individual Medley	3:17.68	3:19.70	170	29/05/11	Swim Bournemouth Junior Open Meet	Bournemouth	SW1337	3
100 Individual Medley	1:16.52	1:16.50	267	06/07/14	2014 Dorset Development Competition	Littledown	SW4094	3