

Individual Best Times (All Time)

Michael Umnov - (1113174) - Natare West London Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.19	24.40	571	06/06/17	New Members Long Course	Various	OVE411	1
100 Freestyle	58.57	57.10	512	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	SW2791	1
50 Breaststroke	31.57	30.60	555	05/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
100 Breaststroke	1:06.36	1:04.40	629	11/04/14	British Gas Championships 2014	Glasgow	ASA132	1
200 Breaststroke	2:20.92	2:17.10	706	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
50 Butterfly	25.61	24.90	657	17/12/16	New Members Long Course	Various	OVE411	1
100 Butterfly	55.58	54.20	704	28/07/17	New Members Long Course	Various	OVE411	1
200 Butterfly	2:04.73	2:02.20	692	30/05/17	New Members Long Course	Various	OVE411	1
100 Backstroke	1:03.92	1:02.70	526	24/04/14	21st International Age Group Swimming Meeting	Malta	GBR006	1
200 Individual Medley	2:09.63	2:06.60	680	24/04/14	21st International Age Group Swimming Meeting	Malta	GBR006	1
400 Individual Medley	4:47.14	4:41.00	602	21/12/13	Plymouth Leander Level 1 LC Open 2013	Plymouth	SW3980	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
100 Freestyle	54.07	55.60	570	14/01/17	New Members Short Course	Various	OVE412	2
50 Breaststroke	31.00	32.00	521	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
100 Breaststroke	1:05.98	1:07.90	588	02/12/12	ASA South West Regional Championships	Street	SWR230	2
200 Breaststroke	2:18.58	2:22.30	651	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
50 Butterfly	26.90	27.60	528	08/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
100 Butterfly	57.79	59.10	565	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
200 Butterfly	2:08.21	2:10.60	578	08/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
400 Individual Medley	4:36.65	4:42.90	611	01/12/12	ASA South West Regional Championships	Street	SWR230	2