

Individual Best Times (All Time)

Dario Alampi - (1576577) - Elmbridge Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.36	31.70	269	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Freestyle	1:23.52	1:22.50	176	05/12/21	Rushmoor Royals SC Dec LC County Qualifier	Aldershot Garrison	SE211421	3
200 Freestyle	2:40.69	2:38.50	255	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Breaststroke	46.59	45.90	172	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Butterfly	33.15	32.60	303	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
100 Butterfly	1:20.63	1:19.70	230	08/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
200 Butterfly	3:09.90	3:08.20	196	03/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
50 Backstroke	36.21	35.70	275	09/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
100 Backstroke	1:17.02	1:16.00	300	07/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
200 Backstroke	2:54.78	2:52.90	262	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Individual Medley	3:03.11	3:00.90	241	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.21	30.90	297	14/01/24	Kingston Royals New Year County Qualifier Meet 202	Walton-on-Thames	LR240112	3
100 Freestyle	1:10.31	1:11.50	259	16/07/23	Sutton & Cheam Summertime Splash 2023	Westcroft LC	LR231192	3
200 Freestyle	2:32.03	2:34.30	279	15/07/23	Sutton & Cheam Summertime Splash 2023	Westcroft LC	LR231192	3
400 Freestyle	5:37.27	5:41.40	249	17/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
50 Breaststroke	44.42	45.10	177	05/03/23	Ealing SC Regional Qualifier Meet 2023	Northolt	LR230112	3
100 Breaststroke	1:40.39	1:41.60	166	08/10/23	Elmbridge Phoenix Club Championships 2023	Walton on Thames	SE232057	4
50 Butterfly	33.27	33.80	279	13/01/24	Kingston Royals New Year County Qualifier Meet 202	Walton-on-Thames	LR240112	3
100 Butterfly	1:16.56	1:17.50	243	16/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
200 Butterfly	2:59.39	3:01.10	211	17/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
50 Backstroke	34.89	35.50	254	17/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
100 Backstroke	1:14.57	1:15.60	272	14/10/23	National Arena Swimming League South R1 2023	Amersham	SE231984	3
200 Backstroke	2:42.71	2:44.70	273	13/01/24	Kingston Royals New Year County Qualifier Meet 202	Walton-on-Thames	LR240112	3
200 Individual Medley	2:55.36	2:57.60	244	08/10/23	Elmbridge Phoenix Club Championships 2023	Walton on Thames	SE232057	4