

Individual Best Times (All Time)

Jacob Abbott - (1688855) - Carn Brea and Helston SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.46	40.00	133	14/04/24	N.Cornwall & Newquay Easter Invitation LL4 2024	Bodmin	SW240239	4
100 Freestyle	1:26.42	1:27.40	139	14/04/24	N.Cornwall & Newquay Easter Invitation LL4 2024	Bodmin	SW240239	4
200 Freestyle	3:14.22	3:16.00	133	28/10/23	Carn Brea & Helston 2023 Combined Club Champs	Carn Brea	SW230818	4
400 Freestyle	7:17.54	7:20.80	114	02/12/23	Cornwall County Rising Stars Christmas Gala 2023	Penzance	SW232347	3
50 Breaststroke	55.91	56.50	88	14/04/24	N.Cornwall & Newquay Easter Invitation LL4 2024	Bodmin	SW240239	4
100 Breaststroke	2:00.80	2:01.80	95	14/04/24	N.Cornwall & Newquay Easter Invitation LL4 2024	Bodmin	SW240239	4
200 Breaststroke	4:39.97	4:41.90	79	18/06/23	Carn Brea & Helston 2023 Combined Club Champs	Carn Brea	SW230815	4
50 Butterfly	47.68	48.10	94	14/04/24	N.Cornwall & Newquay Easter Invitation LL4 2024	Bodmin	SW240239	4
50 Backstroke	46.60	47.00	106	14/04/24	N.Cornwall & Newquay Easter Invitation LL4 2024	Bodmin	SW240239	4
200 Backstroke	3:57.59	3:59.00	87	28/10/23	Carn Brea & Helston 2023 Combined Club Champs	Carn Brea	SW230818	4
100 Individual Medley	2:00.40	2:00.40	68	25/03/23	Carn Brea & Helston 6th Open Sprint Meet 2023	Penzance	SW230326	3