

Individual Best Times (All Time)

Niccolo Amoroso - (471808) - London Borough of Redbridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.61	27.90	390	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:01.50	1:00.10	442	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Freestyle	2:12.39	2:09.70	457	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
400 Freestyle	4:39.95	4:34.90	485	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
1500 Freestyle	18:28.97	18:10.20	484	09/04/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	SE160097	1
50 Breaststroke	39.01	38.20	294	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:27.51	1:26.10	274	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
200 Breaststroke	3:27.85	3:25.30	220	11/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
50 Butterfly	33.58	33.00	291	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
100 Butterfly	1:21.60	1:20.70	222	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
50 Backstroke	34.52	33.90	317	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
100 Backstroke	1:15.78	1:14.70	315	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
200 Backstroke	2:49.36	2:47.40	288	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
200 Individual Medley	2:50.45	2:48.10	299	25/11/12	Essex Winter Long Course Championships	Basildon	ER2650	1
400 Individual Medley	5:44.38	5:39.20	349	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.23	29.00	364	26/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
100 Freestyle	1:00.26	1:01.60	412	20/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	LR150757	3
200 Freestyle	2:09.52	2:12.20	451	25/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
400 Freestyle	4:33.46	4:38.50	467	24/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
800 Freestyle	11:59.02	12:07.00	234	19/11/10	London Boro of Redbridge	Fullwell Cross	LR0780	4
1500 Freestyle	17:54.06	18:13.10	490	23/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
50 Breaststroke	37.34	38.20	298	24/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
100 Breaststroke	1:18.70	1:20.30	346	05/03/16	Enfield Swim Squad Regional Qualifier	Enfield	LR160367	3
200 Breaststroke	2:52.22	2:55.30	339	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
50 Butterfly	32.86	33.40	289	25/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
100 Butterfly	1:13.00	1:14.00	280	21/06/15	Enfield Swim Squad Summer Open Meet	Southbury	LR150874	3
200 Butterfly	2:53.64	2:55.50	233	04/10/14	Redbridge Early County & Regional Meet	Barksingside	LR4194	3
50 Backstroke	33.46	34.10	288	25/10/15	Essex Senior Short Course Championships 2015	Basildon	ER150959	2
100 Backstroke	1:10.07	1:11.20	328	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
200 Backstroke	2:32.43	2:34.60	332	05/03/16	Enfield Swim Squad Regional Qualifier	Enfield	LR160367	3
200 Individual Medley	2:26.48	2:29.10	419	26/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
400 Individual Medley	5:28.48	5:33.80	365	10/04/15	City of Cambridge April Last Chance Regional Q	Cambridge	ER150480	3
100 Individual Medley	1:11.51	1:11.50	327	29/03/15	Redbridge March Regional Qualifier	Fullwell Cross	LR150168	3