

Individual Best Times (All Time)

Henry Allinson - (556394) - Staines Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.98	34.60	208	19/09/16	Staines Club Championships 2016	Knowle Green	SE162094	4
100 Freestyle	1:16.87	1:18.00	198	20/09/16	Staines Club Championships 2016	Knowle Green	SE162094	4
200 Freestyle	2:54.65	2:56.60	184	06/11/16	Staines Club Championships	Staines	SE162342	4
50 Breaststroke	47.25	47.90	147	20/09/16	Staines Club Championships 2016	Knowle Green	SE162094	4
100 Breaststroke	1:38.40	1:39.70	177	19/09/16	Staines Club Championships 2016	Knowle Green	SE162094	4
200 Breaststroke	3:42.28	3:44.70	157	07/11/16	Staines Club Championships	Staines	SE162343	4
50 Butterfly	52.68	53.00	70	21/11/15	Black Swan Winter Open Meet 2015	Walton-on-Thames	SE151636	3
50 Backstroke	41.40	41.90	152	18/09/16	Staines Club Championships 2016	Knowle Green	SE162093	4
100 Backstroke	1:30.90	1:31.80	150	19/09/16	Staines Club Championships 2016	Knowle Green	SE162094	4
200 Backstroke	3:08.44	3:10.20	176	07/11/16	Staines Club Championships	Staines	SE162343	4
100 Individual Medley	1:33.44	1:33.40	146	10/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3