

Individual Best Times (All Time)

Rowan Bowden - (1222153) - Swindon Dolphin ASC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
200 Freestyle	3:07.11	161	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3
400 Freestyle	6:19.62	194	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3
200 Breaststroke	4:02.68	142	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3
200 Individual Medley	3:29.64	160	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	39.50	134	20/04/19	Weston-Super-Mare 17th Easter Open Meet	Hutton Moor	SW190142	3
100 Freestyle	1:30.26	123	21/04/19	Weston-Super-Mare 17th Easter Open Meet	Hutton Moor	SW190142	3
200 Freestyle	2:59.94	168	20/04/19	Weston-Super-Mare 17th Easter Open Meet	Hutton Moor	SW190142	3
400 Freestyle	6:13.51	183	31/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
50 Breaststroke	51.77	116	31/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
200 Breaststroke	3:47.78	147	20/04/19	Weston-Super-Mare 17th Easter Open Meet	Hutton Moor	SW190142	3
50 Butterfly	58.05	52	30/09/18	Swindon Dolphin Club Champs 2018	The Link Centre	SW181541	4
50 Backstroke	42.02	147	19/01/19	Wiltshire ASA Age Group/Championships 2019	Swindon	SW190103	3
100 Backstroke	1:35.94	132	20/04/19	Weston-Super-Mare 17th Easter Open Meet	Hutton Moor	SW190142	3
200 Backstroke	3:10.92	169	31/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
200 Individual Medley	3:28.86	144	19/01/19	Wiltshire ASA Age Group/Championships 2019	Swindon	SW190103	3
100 Individual Medley	1:46.29	105	02/12/18	Tigersharks Last Chance L2 Open Meet	Swindon	SW180108	2