

# Individual Best Times (All Time)

Thomas Essam - (1343843) - Swindon Dolphin ASC

## Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	37.96	167	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3
400 Freestyle	7:05.15	138	17/02/19	Wycombe Dual Award Long Course Meet	Wycombe	SE190417	3
200 Breaststroke	4:09.95	130	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	35.35	188	30/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
100 Freestyle	1:23.30	157	02/06/19	Sevenside Tritons June Level Three Open Meet	Hutton Moor	SW191263	3
200 Freestyle	3:09.32	144	01/12/18	Tigersharks Last Chance L2 Open Meet	Swindon	SW180108	2
400 Freestyle	6:32.09	158	31/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
50 Breaststroke	52.43	111	11/11/18	Wroughton IM & Sprint Meet	Swindon	SW180113	4
100 Breaststroke	1:53.04	119	27/10/18	Swindon Dolphin Autumn Open Meet 2018	Swindon	SW181494	3
200 Breaststroke	4:15.15	105	01/12/18	Tigersharks Last Chance L2 Open Meet	Swindon	SW180108	2
50 Butterfly	48.32	91	11/11/18	Wroughton IM & Sprint Meet	Swindon	SW180113	4
50 Backstroke	43.19	136	02/06/19	Sevenside Tritons June Level Three Open Meet	Hutton Moor	SW191263	3
100 Backstroke	1:34.64	137	30/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
200 Backstroke	3:16.88	154	02/06/19	Sevenside Tritons June Level Three Open Meet	Hutton Moor	SW191263	3
200 Individual Medley	3:26.95	148	02/06/19	Sevenside Tritons June Level Three Open Meet	Hutton Moor	SW191263	3
400 Individual Medley	7:38.39	135	30/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
100 Individual Medley	1:39.19	130	13/01/19	Wiltshire ASA Age Group/Championships 2019	Swindon	SW190102	3