

Individual Best Times (All Time)

Douglas Alexander - (74925) - Swindon Dolphin ASC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	29.74	347	30/05/04	Fosse Area Swim Team Open Meet	Millfield	L2W073	0
100 Freestyle	1:05.49	367	29/05/05	FAST Level 1 Open Meet	Millfield	L1W329	0
200 Freestyle	2:27.52	330	29/05/05	FAST Level 1 Open Meet	Millfield	L1W329	0
400 Freestyle	5:24.32	312	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
100 Breaststroke	1:24.15	312	15/07/18	City of Bristol Summer Festival	Hengrove LC	SW181401	3
200 Breaststroke	3:18.44	260	01/11/14	City of Bristol Open Meet	Bristol	SW4538	3
50 Butterfly	31.42	356	03/11/12	City of Bristol Level 3 Open Meet	Bristol	SW2523	3
100 Butterfly	1:07.02	410	30/04/05	Western Counties Youth Champs	Millfield	DCW501	0
200 Butterfly	2:26.53	440	01/05/05	Western Counties Youth Champs	Millfield	DCW501	0
50 Backstroke	36.12	293	01/11/14	City of Bristol Open Meet	Bristol	SW4538	3
100 Backstroke	1:16.86	307	31/10/15	City of Bristol SC Level 3 Open Meet	Hengrove	SW151421	3
200 Backstroke	2:48.78	291	15/07/18	City of Bristol Summer Festival	Hengrove LC	SW181401	3
200 Individual Medley	2:37.36	380	29/05/04	Fosse Area Swim Team Open Meet	Millfield	L2W073	0
400 Individual Medley	5:30.47	401	30/05/04	Fosse Area Swim Team Open Meet	Millfield	L2W073	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	28.82	347	03/10/09	Swindon Dolphins Champs	Swindon	SW9680	4
100 Freestyle	1:02.69	368	05/03/05	Wiltshire County Champs 2005	Swindon	CCW595	0
200 Freestyle	2:18.21	371	26/03/05	Weston super Mare Easter Meet	Hutton More	L2W290	0
400 Freestyle	4:47.28	403	06/03/04	Wiltshire County Championships	Various	CCW030	0
50 Breaststroke	36.71	325	31/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
100 Breaststroke	1:21.22	320	25/09/16	Swindon Dolphin Club Champs 2016	Swindon	SW160965	4
200 Breaststroke	2:58.01	309	28/07/18	Swindon Dolphin End of Season Meet 2018	Swindon	SW180667	3
50 Butterfly	30.23	375	04/10/09	Swindon Dolphins Champs	Swindon	SW9680	4
100 Butterfly	1:03.39	436	26/03/05	Weston super Mare Easter Meet	Hutton More	L2W290	0
200 Butterfly	2:22.79	439	05/03/05	Wiltshire County Champs 2005	Swindon	CCW595	0
50 Backstroke	33.05	303	21/09/08	Swindon Dolphins Club Chmp	Swindon	SW8545	4
100 Backstroke	1:11.35	321	07/03/09	Wiltshire County Champs	Swindon	CC9066	2
200 Backstroke	2:40.48	285	28/10/17	Swindon Dolphin Club Championships	Swindon	SW171133	4
200 Individual Medley	2:33.50	364	06/03/04	Wiltshire County Championships	Various	CCW030	0
400 Individual Medley	5:24.35	382	07/03/04	Wiltshire County Championships	Various	CCW030	0
100 Individual Medley	1:11.09	354	13/03/04	Wiltshire County Championships	Various	CCW030	0