

Individual Best Times (Masters)

John Knowles - (501919) - Maidenhead ASC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	26.24	506	18/04/08	World Masters Champs 2008	Perth, Australia	MAS090	0
100 Freestyle	56.30	576	18/04/08	World Masters Champs 2008	Perth, Australia	MAS090	0
200 Freestyle	2:11.15	470	02/02/08	London & SE Region Masters Mt	Crawley	MAS092	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	26.09	461	20/10/07	Berks & South Bucks Masters	Maidenhead	MAS073	0
100 Freestyle	55.85	517	25/10/08	the asa Masters (25m) 2008	Sheffield	MAS094	0
50 Breaststroke	36.45	320	22/09/07	South East Masters Champs	Guildford	MAS060	0
50 Butterfly	31.44	331	11/09/22	Berks & S Bucks ASA Masters Meet	Maidenhead	MAS980	0
50 Backstroke	32.21	323	09/09/07	Barnet Masters Meet 2007	Barnet	MAS068	0
100 Individual Medley	1:07.72	385	25/03/12	Royal Navy Masters Meet	Millfield	MAS342	0