

Individual Best Times (All Time)

Tyrese Mistrik-Ambala - (1115642) - Windsor SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Freestyle	3:12.54	3:10.70	148	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3
50 Breaststroke	52.60	52.00	120	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.98	38.50	149	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	SE4281	3
100 Freestyle	1:26.60	1:27.60	138	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	SE4281	3
200 Freestyle	3:06.01	3:07.90	152	12/10/14	Berkshire & South Bucks Development Meet	Bracknell	SE4527	3
400 Freestyle	7:37.33	7:40.40	99	21/11/13	Windsor Club Championships	Windsor	SE3837	4
50 Breaststroke	51.66	52.30	112	12/07/14	Windsor Level 3 End of Season Sprint Meet	Maidenhead	SE4705	3
100 Breaststroke	1:52.39	1:53.50	118	12/07/14	Windsor Level 3 End of Season Sprint Meet	Maidenhead	SE4705	3
200 Breaststroke	3:57.70	3:59.90	129	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	SE4281	3
50 Butterfly	45.01	45.40	112	25/09/14	Windsor Club Championships	Windsor	SE14394	4
50 Backstroke	46.81	47.20	105	12/07/14	Windsor Level 3 End of Season Sprint Meet	Maidenhead	SE4705	3
100 Backstroke	1:34.61	1:35.50	133	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	SE4281	3
200 Backstroke	3:54.30	3:55.70	91	08/02/14	Ealing L3 February Open Meet 2014	Ealing	LR4240	3
200 Individual Medley	3:37.68	3:39.50	127	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	SE4281	3
100 Individual Medley	1:38.55	1:38.60	125	12/07/14	Windsor Level 3 End of Season Sprint Meet	Maidenhead	SE4705	3