

Individual Best Times (All Time)

Ruby Dagless - (1173728) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.71	26.90	618	01/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
100 Freestyle	1:01.08	59.70	606	01/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
200 Freestyle	2:15.37	2:12.80	579	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
400 Freestyle	4:53.11	4:48.30	517	02/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
800 Freestyle	10:43.76	10:34.70	427	20/01/18	Norfolk County Championships 2018	Norwich	ER180290	1
50 Breaststroke	36.79	35.90	497	28/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
100 Breaststroke	1:20.47	1:18.90	506	03/02/19	Norfolk County Championships 2019	Norwich	ER191264	1
200 Breaststroke	2:58.18	2:55.20	460	30/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
50 Butterfly	29.47	28.80	569	27/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
100 Butterfly	1:05.83	1:04.70	598	27/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
200 Butterfly	2:28.92	2:26.80	547	26/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1
50 Backstroke	32.84	32.20	547	26/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
100 Backstroke	1:11.53	1:10.40	514	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
200 Backstroke	2:40.35	2:38.30	452	01/02/20	Norfolk County Championships 2019	Norwich	ER200474	1
200 Individual Medley	2:31.02	2:28.40	582	25/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	ER190179	1
400 Individual Medley	5:22.91	5:17.40	558	27/05/18	East Swimming Long Course Championships 2018	Luton	ER180214	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.67	28.40	569	04/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
100 Freestyle	1:00.17	1:01.50	582	07/12/19	Great Yarmouth Winter Wipeout 2019	Norwich	ER192703	3
200 Freestyle	2:12.72	2:15.30	574	29/06/19	Norwich Swan Club Championships	Wymondham	ER192108	4
400 Freestyle	4:41.75	4:46.70	553	02/07/19	Norwich Swan Club Championships	Wymondham	ER192109	4
800 Freestyle	9:50.22	9:59.90	529	17/07/18	DDASC Long Distance Meet 2018	Dereham LC	ER181038	3
50 Breaststroke	35.35	36.20	516	19/11/18	Dereham and District Amateur Swimming Club	Dereham	ER182673	4
100 Breaststroke	1:17.49	1:19.10	521	15/06/19	Norwich Swan Club Championships	Wymondham	ER192105	4
200 Breaststroke	2:51.12	2:54.20	486	17/07/18	Dereham and District Roger Virgoe 2018	Dereham LC	ER181106	4
50 Butterfly	29.83	30.50	545	29/09/19	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER190459	2
100 Butterfly	1:05.15	1:06.30	571	06/10/19	Swim England National County Team Champs 2019 D2	Sheffield	ENG013	2
200 Butterfly	2:27.34	2:29.50	534	20/07/19	Norwich Swan Club Championships	Wymondham	ER192113	4
50 Backstroke	31.40	32.00	519	08/12/19	Great Yarmouth Winter Wipeout 2019	Norwich	ER192703	3
100 Backstroke	1:06.98	1:08.20	550	13/07/19	Boudicca Open Meet 2019	UEA Sports Park	ER190463	2
200 Backstroke	2:28.20	2:30.40	516	06/07/19	Norwich Swan Club Championships	Wymondham	ER192111	4
200 Individual Medley	2:28.18	2:30.80	556	07/12/19	Great Yarmouth Winter Wipeout 2019	Norwich	ER192703	3
400 Individual Medley	5:18.59	5:24.10	536	16/07/19	Norwich Swan Club Championships	Wymondham	ER192112	4
100 Individual Medley	1:07.94	1:07.90	575	18/11/18	Dereham and District Amateur Swimming Club	Dereham	ER182672	3