

Individual Best Times (All Time)

Iris Ganyushin - (1190422) - Camden Swiss Cottage SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:43.98	1:43.20	122	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
200 Freestyle	3:52.11	3:50.60	114	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
50 Breaststroke	56.59	56.00	136	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3
50 Backstroke	53.12	52.70	129	11/07/15	Rushmoor Royals Summer LC L3 Open Meet	Aldershot	SE151059	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.40	36.00	271	09/06/19	Barnet Cophall Kate Lack Trophy Meet	London	LR191753	3
100 Freestyle	1:14.51	1:15.60	306	09/06/19	Barnet Cophall Kate Lack Trophy Meet	London	LR191753	3
200 Freestyle	2:39.52	2:41.70	330	09/06/19	Barnet Cophall Kate Lack Trophy Meet	London	LR191753	3
400 Freestyle	5:46.69	5:50.70	296	05/10/19	MIDDX County Qualifier 2019	Barnet	LR192483	3
800 Freestyle	13:50.00	13:57.00	190	20/11/16	Barnet Cophall County Qualifier & Development 2	London	LR162020	3
50 Breaststroke	45.16	45.90	247	11/03/18	MCASA Spring Development Meet	Enfield	LR180337	3
100 Breaststroke	1:36.92	1:38.20	266	09/06/19	Barnet Cophall Kate Lack Trophy Meet	London	LR191753	3
200 Breaststroke	3:30.32	3:32.80	261	17/06/18	ESC End of Season Open	Northolt	LR180594	3
50 Butterfly	49.35	49.70	120	16/07/17	BHSC L3 Sprint Meet 2017	Hendon	LR170888	3
50 Backstroke	44.84	45.30	178	16/07/17	BHSC L3 Sprint Meet 2017	Hendon	LR170888	3
100 Backstroke	1:32.16	1:33.00	211	03/12/17	BHSC Christmas Cracker County Qualifier 2017	Hendon	LR170924	3
200 Backstroke	3:15.89	3:17.60	223	09/06/19	Barnet Cophall Kate Lack Trophy Meet	London	LR191753	3
200 Individual Medley	3:08.71	3:10.80	269	02/12/18	BHSC Christmas Cracker	Hendon	LR180252	3
100 Individual Medley	1:30.90	1:30.90	240	19/11/17	Barnet Cophall County Qualifier & Development	London	LR171954	3