

Individual Best Times (All Time)

Luke Russell - (1214411) - East Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.96	38.40	154	10/01/16	City of Leeds New Year Meet 2016	Leeds	NE160165	3
100 Freestyle	1:27.97	1:27.00	151	21/11/15	Sheffield City SC 27th Annual B Grade Sprints Meet	Sheffield	NE150784	3
200 Freestyle	3:15.71	3:13.90	141	25/06/16	City of Leeds B Grade Meet 2016	Leeds	NE160163	3
50 Breaststroke	51.70	51.10	126	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
100 Breaststroke	1:57.27	1:56.20	114	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
200 Breaststroke	4:06.53	4:04.40	131	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
50 Butterfly	51.01	50.60	83	25/06/16	City of Leeds B Grade Meet 2016	Leeds	NE160163	3
50 Backstroke	47.31	46.90	123	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
100 Backstroke	1:42.69	1:41.90	126	25/06/16	City of Leeds B Grade Meet 2016	Leeds	NE160163	3
200 Backstroke	3:36.55	3:35.00	138	25/06/16	City of Leeds B Grade Meet 2016	Leeds	NE160163	3
200 Individual Medley	3:34.99	3:33.10	149	26/06/16	City of Leeds B Grade Meet 2016	Leeds	NE160163	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.52	38.10	155	02/04/16	Spa Town Meet	Harrogate	NE160247	3
200 Freestyle	3:01.29	3:03.20	164	12/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
400 Freestyle	6:42.27	6:45.80	146	17/07/16	City of Bradford End of Season Meet	Shipley	NE160765	3
50 Breaststroke	49.56	50.20	127	12/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
100 Breaststroke	1:49.74	1:50.90	127	02/04/16	Spa Town Meet	Harrogate	NE160247	3
200 Breaststroke	3:52.17	3:54.40	138	11/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
50 Butterfly	51.74	52.10	74	13/12/15	City of Bradford Winter Meet	Shipley	NE151702	3
50 Backstroke	47.65	48.10	99	03/04/16	Spa Town Meet	Harrogate	NE160247	3
100 Backstroke	1:48.46	1:49.20	88	12/12/15	City of Bradford Winter Meet	Shipley	NE151702	3
100 Individual Medley	1:54.94	1:54.90	78	25/04/15	City of Leeds Spring STS Meet 2015	Leeds	NE150752	4