

Individual Best Times (All Time)

Luca Tramontano - (1223777) - Rykneld SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.04	27.30	414	12/12/21	Derbyshire ASA LC Competition 2021 - Level 3	Ponds Forge	EM210640	3
100 Freestyle	1:02.78	1:01.40	415	14/03/20	Jorvik Spring Festival	Leeds	NE200155	3
200 Freestyle	2:18.48	2:16.00	399	14/03/20	Jorvik Spring Festival	Leeds	NE200155	3
50 Breaststroke	33.45	32.50	466	12/12/21	Derbyshire ASA LC Competition 2021 - Level 3	Ponds Forge	EM210640	3
100 Breaststroke	1:12.88	1:11.10	475	07/05/22	SE East Midland Regional Long Course Championships	Sheffield	EM220576	1
200 Breaststroke	2:44.86	2:41.60	440	01/08/21	SE East Midlands Festival of Swimming 2021	Nottingham	EM210145	1
50 Butterfly	30.21	29.60	400	15/12/19	Derbyshire ASA Long Course Competition 2019	Sheffield	EM192731	3
50 Backstroke	34.36	33.80	321	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
200 Individual Medley	2:31.97	2:29.40	422	14/03/20	Jorvik Spring Festival	Leeds	NE200155	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.46	28.20	395	09/01/22	Ripley Rascals 49th Anniversary Open Meet	Matlock	EM220018	3
100 Freestyle	1:01.16	1:02.50	394	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
200 Freestyle	2:45.86	2:47.90	215	23/04/16	Rykneld B Grade Open Meet	Clay Cross	EM160419	3
400 Freestyle	4:49.62	4:54.40	393	22/11/19	Rykneld Club Championships 2019	Sharley Park LC	EM193010	4
50 Breaststroke	32.62	33.60	447	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Breaststroke	1:09.95	1:11.70	493	26/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220032	2
200 Breaststroke	2:34.62	2:38.00	469	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
50 Butterfly	29.42	30.10	404	22/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
100 Butterfly	1:12.80	1:13.80	282	28/10/18	BMSC Open Meet 'Ghoul In The Pool'	The Arc Matlock	EM182406	3
50 Backstroke	31.92	32.50	332	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Backstroke	1:10.99	1:12.10	315	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	NE180245	3
200 Individual Medley	2:25.41	2:28.10	428	19/02/22	Derbyshire ASA County Championships 2022	Matlock	EM220031	2
100 Individual Medley	1:07.76	1:07.80	384	17/09/21	Rykneld SC Club Championships 2021	Chesterfield	EM210545	4