

# Individual Best Times (All Time)

Julia Rucinska - (1239704) - Derby Excel Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.71	29.00	501	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	SE190056	1
100 Freestyle	1:04.41	1:03.10	517	23/11/19	City of Coventry Winter Open Meet	Coventry	WM192140	3
200 Freestyle	2:21.74	2:19.30	504	23/11/19	City of Coventry Winter Open Meet	Coventry	WM192140	3
50 Breaststroke	36.60	35.70	505	06/05/19	SE East Midlands Region Champs 2019 Gala 2	Sheffield	EM191624	1
100 Breaststroke	1:19.13	1:17.50	532	11/05/19	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM191206	1
200 Breaststroke	2:47.13	2:43.90	557	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	SE190056	1
50 Butterfly	31.74	31.10	455	23/11/19	City of Coventry Winter Open Meet	Coventry	WM192140	3
100 Butterfly	1:14.68	1:13.70	410	19/05/18	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM180093	1
50 Backstroke	34.83	34.20	458	12/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	EM190118	1
100 Backstroke	1:15.46	1:14.40	438	01/08/21	SE East Midlands Festival of Swimming 2021	Nottingham	EM210145	1
200 Individual Medley	2:36.11	2:33.60	527	12/05/19	Nova Centurion May Level 1 LC Open Meet	Nottingham	EM191206	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.09	29.80	489	08/12/19	Chesterfield Winter Open Championships	Matlock	EM192125	3
100 Freestyle	1:03.18	1:04.50	503	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
200 Freestyle	2:18.35	2:20.80	506	16/03/19	Thirty Sixth City of Derby Short Course Open Meet	Matlock	EM190235	3
400 Freestyle	4:48.65	4:53.50	514	05/10/19	LVSC Short Course Meet 2019	Sheffield	EM191407	2
800 Freestyle	9:56.96	10:06.60	511	19/10/19	City of Derby Long Distance Club Championships	Repton Derbys	EM192473	4
50 Breaststroke	35.31	36.20	518	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Breaststroke	1:15.26	1:16.90	568	23/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200328	2
200 Breaststroke	2:45.53	2:48.70	537	17/11/18	Team Bath AS Autumn Meet	Bristol	SW182021	2
50 Butterfly	30.68	31.30	501	14/07/19	Chesterfield Summer Splash	Matlock	EM190326	3
100 Butterfly	1:10.49	1:11.60	450	17/02/19	Derbyshire ASA County Championships 2019	MATLOCK	EM190290	2
200 Butterfly	2:41.40	2:43.30	406	22/09/19	City of Derby Club Championships 2019	Derby	EM192472	4
50 Backstroke	32.97	33.60	449	15/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
100 Backstroke	1:11.98	1:13.10	443	10/07/21	Repton Open Meet	Repton Sports Centre	EM210146	3
200 Backstroke	2:33.13	2:35.30	468	16/02/20	Derbyshire ASA County Championships 2020	Matlock	EM200327	2
200 Individual Medley	2:29.76	2:32.40	538	13/07/19	Chesterfield Summer Splash	Matlock	EM190326	3
400 Individual Medley	5:37.43	5:42.60	451	08/04/18	Chesterfield Last Chance Qualifier	Matlock	EM180559	3
100 Individual Medley	1:11.53	1:11.50	493	16/12/18	Chesterfield Winter Open Championships	Matlock	EM181612	3