

# Individual Best Times (All Time)

Richard Levell - (1254014) - West Suffolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.92	32.30	256	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
400 Freestyle	5:38.43	5:34.20	274	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Breaststroke	42.04	41.30	235	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Breaststroke	1:36.78	1:35.50	203	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Breaststroke	3:31.99	3:29.50	207	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Butterfly	1:34.85	1:34.00	141	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Backstroke	38.30	37.80	232	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:25.16	1:24.20	222	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Individual Medley	3:00.55	2:58.30	251	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
400 Individual Medley	6:31.49	6:27.00	237	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.02	32.70	249	22/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
100 Freestyle	1:10.05	1:11.20	262	22/06/24	West Suffolk SC Junior June Meet 2024	Bury	ER241057	3
200 Freestyle	2:38.08	2:40.30	248	24/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
400 Freestyle	6:05.63	6:09.50	195	18/11/23	West Suffolk SC Club Championships 2023	Bury St Edmunds	ER232519	4
800 Freestyle	12:31.06	12:38.70	205	12/11/23	West Suffolk SC Club Championships 2023	Haverhill	ER232496	4
50 Breaststroke	39.82	40.60	245	23/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
100 Breaststroke	1:30.91	1:32.30	224	23/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
200 Breaststroke	3:19.59	3:22.20	218	22/06/24	West Suffolk SC Junior June Meet 2024	Bury	ER241057	3
50 Butterfly	39.10	39.60	172	22/06/24	West Suffolk SC Junior June Meet 2024	Bury	ER241057	3
100 Butterfly	1:36.71	1:37.50	120	23/06/24	West Suffolk SC Junior June Meet 2024	Bury	ER241057	3
50 Backstroke	37.24	37.80	209	22/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
100 Backstroke	1:22.59	1:23.60	200	23/06/24	West Suffolk SC Junior June Meet 2024	Bury	ER241057	3
200 Backstroke	2:59.66	3:01.50	203	23/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
200 Individual Medley	2:55.95	2:58.20	241	24/03/24	City of Cambridge Spring Open 2024	Cambridge	ER240218	3
400 Individual Medley	6:49.07	6:53.40	189	17/11/23	West Suffolk SC Club Championships 2023	Bury St Edmunds	ER232519	4
100 Individual Medley	1:22.69	1:22.70	211	22/06/24	West Suffolk SC Junior June Meet 2024	Bury	ER241057	3