

Individual Best Times (All Time)

Ryan Ingram - (1370086) - City of St Albans SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.16	26.40	456	10/03/24	Sandwell Aquatics Club Spring LC Open Meet 2024	Smethwick	WM240271	3
100 Freestyle	1:00.35	59.00	468	10/03/24	Sandwell Aquatics Club Spring LC Open Meet 2024	Smethwick	WM240271	3
200 Freestyle	2:14.23	2:11.60	438	10/03/24	Sandwell Aquatics Club Spring LC Open Meet 2024	Smethwick	WM240271	3
400 Freestyle	4:45.04	4:40.10	460	09/03/24	Sandwell Aquatics Club Spring LC Open Meet 2024	Smethwick	WM240271	3
1500 Freestyle	18:32.36	18:13.70	480	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
50 Butterfly	28.23	27.60	490	09/03/24	Sandwell Aquatics Club Spring LC Open Meet 2024	Smethwick	WM240271	3
100 Butterfly	1:03.69	1:02.50	468	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
200 Butterfly	2:37.13	2:35.10	346	03/02/24	Derbyshire ASA County Championships 2024	Derby	EM240084	1
50 Backstroke	30.64	30.00	454	06/04/24	Derby Excel April Meet	Sheffield	EM240430	1
100 Backstroke	1:06.36	1:05.10	470	04/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
200 Backstroke	2:24.61	2:22.30	463	16/12/23	Northampton SC Winter Festival 2023	Corby	EM232024	1
200 Individual Medley	2:28.25	2:25.60	454	16/02/24	Dubai Open Swimming Championships 2024	Hamdan, Dubai	GBR2265	1
400 Individual Medley	5:16.57	5:11.00	449	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.68	26.50	483	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
100 Freestyle	56.82	58.30	491	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
200 Freestyle	2:06.41	2:09.10	485	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
400 Freestyle	4:34.93	4:40.00	460	02/07/23	Putteridge SC End of Season Summer SC Open 2023	Luton	ER230160	2
800 Freestyle	9:43.17	9:53.00	439	14/09/23	Repton Swimming Early Season Meet 2023	Repton	EM231954	4
1500 Freestyle	18:02.87	18:21.70	478	04/11/23	SE EM Short Course Championships 2023	Nottingham	EM232280	2
50 Breaststroke	34.19	35.10	388	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
100 Breaststroke	1:19.69	1:21.30	333	30/09/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
200 Breaststroke	2:50.96	2:54.00	347	28/01/23	SE Hertfordshire County Championships 2023	Borehamwood	ER230018	2
50 Butterfly	27.31	28.00	505	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
100 Butterfly	1:03.27	1:04.50	430	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
200 Butterfly	2:34.35	2:36.40	331	01/10/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
50 Backstroke	31.33	32.00	351	01/07/23	Putteridge SC End of Season Summer SC Open 2023	Luton	ER230160	2
100 Backstroke	1:05.77	1:07.00	396	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
200 Backstroke	2:22.73	2:25.00	405	30/09/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
200 Individual Medley	2:22.99	2:25.70	450	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
400 Individual Medley	5:09.34	5:15.00	437	26/11/23	Co St Albans & Watford SCs Joint Club Champs 2023	St Albans	ER231156	3
100 Individual Medley	1:04.39	1:04.40	448	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3