

Individual Best Times (All Time)

Alberto Rescigno - (1392207) - Leicester Sharks Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.48	25.70	492	04/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Freestyle	57.56	56.10	539	15/07/23	Wycombe LC End of Season L3 Meet 2023	High Wycombe	SE231231	3
200 Freestyle	2:03.05	2:00.20	569	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
400 Freestyle	4:35.27	4:30.10	510	15/07/23	Wycombe LC End of Season L3 Meet 2023	High Wycombe	SE231231	3
50 Breaststroke	33.05	32.10	484	10/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
100 Breaststroke	1:15.48	1:13.80	427	29/04/23	West Midland Regional Summer Championships 2023	Coventry	WM230351	1
200 Breaststroke	2:48.52	2:45.40	412	16/07/23	Wycombe LC End of Season L3 Meet 2023	High Wycombe	SE231231	3
50 Butterfly	28.06	27.40	499	09/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1
100 Butterfly	1:00.39	59.10	549	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
200 Butterfly	2:13.53	2:11.10	564	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
50 Backstroke	40.17	39.70	201	31/03/19	Tiger Bay Open Meet	Cardiff	WL190020	3
100 Backstroke	1:07.46	1:06.30	447	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Individual Medley	2:17.17	2:14.30	574	23/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	NE240091	1
400 Individual Medley	4:58.13	4:52.20	538	08/03/24	2024 Wycombe Long Course L1 Premier Meet	High Wycombe	SE240287	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.91	26.70	471	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	54.99	56.50	542	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Freestyle	2:00.46	2:03.30	561	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
400 Freestyle	4:33.68	4:38.80	466	25/09/22	The eXcel September Spectacular	Derby	EM221352	2
50 Breaststroke	31.86	32.80	480	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Breaststroke	1:09.31	1:11.10	507	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Breaststroke	2:34.75	2:38.10	468	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Butterfly	27.85	28.50	476	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Butterfly	59.77	1:01.00	510	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Butterfly	2:13.32	2:15.70	514	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
50 Backstroke	29.64	30.30	415	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Backstroke	1:05.97	1:07.20	393	16/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield	SW221660	2
200 Backstroke	2:17.43	2:19.80	454	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Individual Medley	2:15.51	2:18.40	529	28/10/23	Leicester Sharks CSC Trick or Treat Meet 2023	Nuneaton	EM230946	3
400 Individual Medley	4:51.47	4:57.40	522	16/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
100 Individual Medley	1:02.29	1:02.30	495	28/10/23	Leicester Sharks CSC Trick or Treat Meet 2023	Nuneaton	EM230946	3