

# Individual Best Times (All Time)

Nikita Rusu - (1395007) - Watford SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.90	29.20	342	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
100 Freestyle	1:04.32	1:03.00	386	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
200 Freestyle	2:20.82	2:18.30	380	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Breaststroke	38.44	37.60	307	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
100 Breaststroke	1:27.59	1:26.10	273	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
200 Breaststroke	3:12.20	3:09.40	278	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Butterfly	31.98	31.40	337	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
50 Backstroke	41.49	41.00	182	23/04/22	Harpenden SC FINIS Frantic 50s	Luton	ER220602	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.52	29.20	353	16/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
100 Freestyle	1:01.88	1:03.20	380	16/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
200 Freestyle	2:14.81	2:17.40	400	17/06/23	Watford SC Terry Davies Legacy Meet 2023	Watford	ER230232	3
400 Freestyle	5:03.19	5:07.80	343	26/11/23	Co St Albans & Watford SCs Joint Club Champs 2023	St Albans	ER231156	3
800 Freestyle	10:19.77	10:29.00	366	01/11/23	Co St Albans & Watford SCs Joint Club Champs 2023	Watford	ER231154	3
1500 Freestyle	19:50.52	20:07.70	359	16/11/22	Watford & City of St Albans SCs Joint Club Champs	Watford	ER222218	3
50 Breaststroke	36.85	37.70	310	16/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
100 Breaststroke	1:22.38	1:23.90	302	17/06/23	Watford SC Terry Davies Legacy Meet 2023	Watford	ER230232	3
200 Breaststroke	2:58.81	3:01.70	303	18/06/23	Watford SC Terry Davies Legacy Meet 2023	Watford	ER230232	3
50 Butterfly	31.19	31.80	339	09/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
100 Butterfly	1:10.61	1:11.70	309	10/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3
200 Butterfly	5:19.98	5:21.00	37	22/09/18	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER181761	3
50 Backstroke	35.35	35.90	244	15/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
100 Backstroke	1:16.07	1:17.10	256	03/12/23	City of St Albans Winter Meet 2023	St Albans	ER231556	3
200 Backstroke	3:11.14	3:12.90	168	04/12/21	City of St Albans SC Winter Meet 2021	St Albans	ER210751	3
200 Individual Medley	2:41.29	2:43.70	314	05/03/23	Watford SC Regional Qualifier 2023	Garston	ER230197	3
400 Individual Medley	5:55.41	6:00.30	288	27/11/22	Watford & City of St Albans SCs Joint Club Champs	St Albans	ER222219	3
100 Individual Medley	1:12.84	1:12.80	309	09/03/24	City of St Albans Spring Meet 2024	St Albans	ER240103	3