

Individual Best Times (All Time)

Stephen Iankov - (1404436) - Repton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.44	28.70	358	05/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Freestyle	1:05.18	1:03.90	371	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
200 Freestyle	2:22.09	2:19.60	369	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
400 Freestyle	5:06.16	5:01.50	371	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
50 Breaststroke	37.10	36.20	342	04/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Breaststroke	1:23.31	1:21.80	318	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Breaststroke	2:58.85	2:55.90	345	07/04/24	Derby Excel April Meet	Sheffield	EM240430	1
50 Butterfly	32.40	31.80	324	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1
100 Butterfly	1:15.53	1:14.50	280	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
50 Backstroke	36.87	36.30	260	26/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	NE230254	1
100 Backstroke	1:13.49	1:12.40	346	21/04/24	SE East Midlands Regional LC Championships 2024	Corby	EM240622	1
200 Individual Medley	2:40.32	2:37.80	359	06/05/24	SE East Midlands Regional LC Championships 2024	Derby	EM240623	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.06	30.70	301	15/05/24	Repton Swimming Level 4 Race Night 2024	Repton	EM241173	4
100 Freestyle	1:08.60	1:09.80	279	04/11/23	Derby Phoenix Club Championships 2023	Alfreton	EM232466	4
200 Freestyle	2:31.71	2:34.00	281	05/01/24	Repton New Year Meet 2024	Repton	EM240129	3
400 Freestyle	5:11.50	5:16.00	316	03/12/23	Chesterfield SC Winter Open Meet 2023	Matlock	EM231817	3
800 Freestyle	10:33.89	10:43.00	342	07/10/23	Derbyshire ASA County SC Champs 2023 Distance Day	Repton	EM231374	3
50 Breaststroke	38.61	39.40	269	15/05/24	Repton Swimming Level 4 Race Night 2024	Repton	EM241173	4
100 Breaststroke	1:23.75	1:25.20	287	30/09/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
200 Breaststroke	2:59.49	3:02.40	300	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
50 Butterfly	33.97	34.50	262	15/05/24	Repton Swimming Level 4 Race Night 2024	Repton	EM241173	4
100 Butterfly	1:15.93	1:16.90	249	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
50 Backstroke	34.46	35.00	264	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
100 Backstroke	1:16.39	1:17.40	253	01/10/23	Derbyshire ASA County SC Championships 2023	Matlock	EM231373	2
200 Backstroke	2:39.22	2:41.30	291	24/03/24	Repton Easter Meet 2024	Repton	EM240130	3
200 Individual Medley	2:47.55	2:49.90	280	05/01/24	Repton New Year Meet 2024	Repton	EM240129	3
400 Individual Medley	6:03.46	6:08.30	269	16/04/23	Chesterfield SC Spring Open Meet 2023	Matlock	EM230592	3
100 Individual Medley	1:15.05	1:15.10	283	15/05/24	Repton Swimming Level 4 Race Night 2024	Repton	EM241173	4