

# Individual Best Times (All Time)

Hannah Russell - (142523) - City of Manchester Aquatics

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.01	26.20	667	27/04/16	British Para-Swimming Championships	Glasgow	DIS109	1
100 Freestyle	58.94	57.50	675	28/07/16	British Summer Championships	Sheffield	ASA148	1
200 Freestyle	2:13.42	2:10.80	605	13/01/13	Exeter City Open Meet	Cardiff	SW3110	1
400 Freestyle	4:37.14	4:32.00	612	18/04/15	German International Open 2015	Berlin	DIS105	1
50 Butterfly	31.25	30.60	477	25/04/14	IDM Berlin 2014	Berlin	DIS100	1
100 Butterfly	1:07.48	1:06.30	555	25/06/15	Scottish National Open Championships	Glasgow	SCO1005	1
50 Backstroke	31.59	30.90	614	11/03/17	Edinburgh International Meet 2017	Edinburgh	SCO1260	1
100 Backstroke	1:06.06	1:04.80	653	14/09/16	Paralympics Games 2016	Rio	DIS112	1
200 Backstroke	2:35.61	2:33.50	495	26/04/14	IDM Berlin 2014	Berlin	DIS100	1
200 Individual Medley	2:30.18	2:27.50	592	14/07/15	IPC World Championships 2015	Glasgow	DIS106	1
400 Individual Medley	5:49.68	5:44.60	439	25/04/14	IDM Berlin 2014	Berlin	DIS100	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.13	27.90	603	09/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
100 Freestyle	59.25	1:00.60	610	09/12/17	National Para-Swimming Champs 2017	Manchester	DIS116	2
200 Freestyle	2:12.16	2:14.80	581	02/12/12	ASA South West Regional Championships	Street	SWR230	2
400 Freestyle	4:28.94	4:34.10	636	01/03/13	National Junior & Youth Championships	Sheffield	DIS092	2
50 Breaststroke	45.94	46.60	235	17/10/09	Guildford City Sprints	Guildford	SE9499	4
100 Breaststroke	1:39.95	1:41.20	242	07/11/09	Guildford City Club Champs	Guildford	SE9716	4
200 Breaststroke	3:33.25	3:35.70	251	15/11/08	Guildford City Club Chmps	Spectrum	SE8620	4
50 Butterfly	31.40	32.00	468	20/02/14	Devon County Championships	Plymouth	CC4030	2
100 Butterfly	1:09.05	1:10.10	479	23/11/13	DSE National Short Course Meet	Sheffield	DIS096	2
200 Butterfly	3:13.90	3:15.50	234	23/11/08	Guildford Club Champs	Spectrum	SE8622	4
50 Backstroke	32.11	32.70	486	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Backstroke	1:05.78	1:07.00	581	02/03/14	DSE National Junior & Youth Championships	Sheffield	DIS097	2
200 Backstroke	2:49.24	2:51.20	347	10/04/10	Bournemouth Dolphins Meet	Bournemouth	SW0242	2
200 Individual Medley	2:30.54	2:33.10	530	23/11/13	DSE National Short Course Meet	Sheffield	DIS096	2
400 Individual Medley	6:04.08	6:08.90	359	14/12/09	Guildford City Club Champ	Guildford	SE9720	4
100 Individual Medley	1:08.90	1:08.90	551	01/03/14	DSE National Junior & Youth Championships	Sheffield	DIS097	2