

# Individual Best Times (All Time)

Ruby Stewardbrown - (1457717) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.07	31.40	399	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Freestyle	1:12.65	1:11.50	360	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Freestyle	2:38.51	2:36.30	360	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
400 Freestyle	5:35.14	5:30.90	346	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Breaststroke	49.73	49.10	201	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
100 Breaststroke	1:42.70	1:41.50	243	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Breaststroke	3:41.55	3:39.10	239	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
50 Butterfly	37.78	37.30	270	05/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
100 Butterfly	1:31.12	1:30.30	225	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Butterfly	3:24.72	3:23.20	210	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Backstroke	35.70	35.10	425	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:21.35	1:20.40	350	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3
200 Backstroke	2:54.76	2:52.80	349	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
400 Individual Medley	6:47.23	6:42.90	278	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	ER230912	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.01	31.70	404	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:10.79	1:12.00	357	15/10/23	Diss Otters Open Meet 2023	Norwich	ER231460	3
200 Freestyle	2:30.82	2:33.10	391	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
400 Freestyle	5:21.56	5:25.90	372	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
800 Freestyle	12:52.24	12:59.70	236	14/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	ER221172	4
1500 Freestyle	23:18.13	23:32.90	274	06/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231200	4
50 Breaststroke	45.13	45.80	248	18/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
100 Breaststroke	1:34.37	1:35.70	288	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Breaststroke	3:33.71	3:36.20	249	18/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
50 Butterfly	35.76	36.30	316	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:27.10	1:28.00	238	18/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
200 Butterfly	3:18.44	3:20.00	218	02/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
50 Backstroke	35.32	35.90	365	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Backstroke	1:13.83	1:14.90	410	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Backstroke	2:51.82	2:53.80	331	15/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
200 Individual Medley	3:01.56	3:03.70	302	19/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
400 Individual Medley	6:36.89	6:41.30	277	14/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
100 Individual Medley	1:26.20	1:26.20	281	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3