

Individual Best Times (All Time)

Ruan Rossouw - (1490801) - East Grinstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.58	26.80	435	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Freestyle	1:01.66	1:00.30	438	24/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
200 Freestyle	2:29.41	2:27.10	318	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
50 Breaststroke	38.67	37.80	302	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Breaststroke	1:26.62	1:25.20	283	26/03/23	Guildford City L1 Spring Open Meet 2023	Surrey Sports Parl	SE230074	1
50 Butterfly	32.33	31.70	326	25/02/24	Sussex County ASA County Championships	Crawley	SE240244	1
100 Butterfly	1:18.62	1:17.60	248	10/02/24	Sussex County ASA County Championships	Crawley	SE240243	1
50 Backstroke	34.90	34.30	307	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.97	27.70	417	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Freestyle	1:00.92	1:02.30	398	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
200 Freestyle	2:21.90	2:24.30	343	26/11/23	Atlantis SC Christmas Cracker 2023	Horsham	SE231038	3
400 Freestyle	5:08.41	5:12.90	325	13/12/23	East Grinstead Winter Championships 2023	Edenbridge	SE232425	4
50 Breaststroke	36.33	37.20	323	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
100 Breaststroke	1:21.56	1:23.10	311	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley	SE231993	2
200 Breaststroke	3:06.27	3:09.10	268	02/07/23	East Grinstead 2023 Summer Championships 2023	Edenbridge	SE231417	4
50 Butterfly	31.28	31.90	336	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Butterfly	1:18.88	1:19.80	222	10/12/23	East Grinstead Winter Championships 2023	Edenbridge	SE232424	4
50 Backstroke	34.95	35.50	253	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham	SE240015	3
100 Individual Medley	1:15.23	1:15.20	281	25/06/23	Atlantis Summer Splash 2023	Horsham	SE230391	3