

Individual Best Times (All Time)

Ruby Russell - (1500557) - Herne Bay L&SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	42.13	42.60	161	03/12/23	Thanet SC Speedo Festive Meet 2023	Margate	SE232532	3
100 Freestyle	1:30.27	1:31.20	172	03/12/23	Thanet SC Speedo Festive Meet 2023	Margate	SE232532	3
200 Freestyle	3:32.67	3:34.30	139	06/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
400 Freestyle	7:47.14	7:50.20	121	14/03/23	Herne Bay LG & SC Club Championships 2023	Whitstable	SE230139	4
800 Freestyle	15:43.11	15:49.20	129	19/03/24	Herne Bay Lifeguard & SC - Club Championships 2024	Whitstable	SE240349	4
50 Breaststroke	57.34	57.90	121	06/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
50 Butterfly	50.10	50.50	115	03/12/23	Thanet SC Speedo Festive Meet 2023	Margate	SE232532	3
50 Backstroke	50.94	51.30	121	15/07/23	Thanet SC John White Speedo Sprints 2023	Hartsdown LC	SE231229	3
100 Backstroke	1:52.99	1:53.70	114	16/06/23	Herne Bay LG & SC Club Championships 2023	Herne Bay	SE230144	4
200 Backstroke	3:41.29	3:42.80	155	06/01/24	Dover Lifeguard Club & Herne Bay SC Icebreaker 24	Dover	SE240082	3
100 Individual Medley	1:52.17	1:52.20	127	16/06/23	Herne Bay LG & SC Club Championships 2023	Herne Bay	SE230144	4