

# Individual Best Times (All Time)

Nicholas Ostroverkhov - (1599441) - Kingston Royals SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.71	32.10	261	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Freestyle	1:12.26	1:11.10	272	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Freestyle	2:45.89	2:43.80	232	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
400 Freestyle	5:44.04	5:39.90	261	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
50 Breaststroke	48.36	47.70	154	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Breaststroke	1:46.33	1:45.10	153	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Breaststroke	3:48.13	3:45.80	166	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
50 Butterfly	42.89	42.40	139	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Butterfly	1:40.06	1:39.30	120	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
50 Backstroke	41.99	41.50	176	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
100 Backstroke	1:29.19	1:28.30	193	22/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3
200 Backstroke	3:44.30	3:42.80	124	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
200 Individual Medley	3:10.53	3:08.40	214	23/06/24	English Schools' SA Summer Open Championships 2024	Crawley	SE240342	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.83	33.50	231	17/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
100 Freestyle	1:12.30	1:13.50	238	16/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
200 Freestyle	2:44.86	2:47.00	218	16/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
400 Freestyle	6:08.94	6:12.70	190	16/12/23	Whitgift & White Oak Invitation Open 2023	South Croydon	LR232513	4
50 Breaststroke	49.35	50.00	129	16/12/23	Whitgift & White Oak Invitation Open 2023	South Croydon	LR232513	4
100 Breaststroke	1:44.12	1:45.30	149	16/12/23	Whitgift & White Oak Invitation Open 2023	South Croydon	LR232513	4
200 Breaststroke	3:43.95	3:46.30	154	16/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
50 Butterfly	46.31	46.70	103	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
100 Butterfly	1:54.02	1:54.70	73	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
50 Backstroke	41.96	42.40	146	24/02/24	Borough of Harrow Regional Qualifier 2024	Hendon	LR240172	3
100 Backstroke	1:29.09	1:30.00	159	17/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4
200 Backstroke	3:14.02	3:15.70	161	24/02/24	Borough of Harrow Regional Qualifier 2024	Hendon	LR240172	3
200 Individual Medley	3:20.92	3:22.90	162	25/02/24	Borough of Harrow Regional Qualifier 2024	Hendon	LR240172	3
100 Individual Medley	1:31.63	1:31.60	155	16/03/24	Croydon Borough SA Annual Champs & AG Comp 2024	Whitgift School	LR240053	4