

Individual Best Times (All Time)

Lyla Russell - (1624867) - Royal Tunbridge Wells Monson SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.70	34.10	314	07/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3
50 Backstroke	43.32	42.90	238	07/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.82	32.50	374	29/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
100 Freestyle	1:15.10	1:16.20	299	29/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
200 Freestyle	2:50.43	2:52.50	271	30/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
400 Freestyle	5:49.11	5:53.10	290	02/12/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232487	4
800 Freestyle	12:10.68	12:18.60	278	14/11/23	RTW Monson Club Champs 2023 à€" Long Distance	Tonbridge	SE232488	3
50 Breaststroke	45.07	45.80	249	03/12/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232487	4
100 Breaststroke	1:43.05	1:44.30	221	17/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
200 Breaststroke	3:58.81	4:01.00	178	18/03/23	RTW Monson SC Spring Meet (Regional Chaser) 2023	Tunbridge Wells	SE230481	3
50 Butterfly	39.76	40.20	230	29/03/24	RTW Monson Last Chance Regional Chaser 2024	Tunbridge Wells	SE240602	3
100 Butterfly	1:35.96	1:36.80	178	26/11/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232486	4
50 Backstroke	39.90	40.40	253	16/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
100 Backstroke	1:30.90	1:31.80	220	02/07/23	RTW Monson SC Summer Splash 2023	Tunbridge Wells	SE230389	3
200 Individual Medley	3:14.06	3:16.10	247	16/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
400 Individual Medley	6:39.76	6:44.10	271	25/11/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232486	4
100 Individual Medley	1:29.21	1:29.20	254	21/05/23	East Grinstead SC Open Meet 2023	Crawley	SE230253	3