

# Individual Best Times (All Time)

Ruslan Shiraz - (1664530) - Epping Forest Dist SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.09	34.50	211	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Breaststroke	43.18	42.40	217	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Breaststroke	1:45.78	1:44.60	155	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Breaststroke	3:43.37	3:41.00	177	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Butterfly	41.22	40.80	157	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Backstroke	41.34	40.90	184	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Backstroke	3:23.30	3:21.60	166	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Individual Medley	3:26.59	3:24.70	168	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.32	33.00	242	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
100 Freestyle	1:11.11	1:12.30	250	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
200 Freestyle	2:32.76	2:35.00	275	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
400 Freestyle	5:48.60	5:52.60	225	02/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
800 Freestyle	13:15.49	13:22.70	173	14/10/23	Romford TSC Long Distance County Qualifier Meet	Romford	LR232109	3
50 Breaststroke	41.04	41.80	224	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
100 Breaststroke	1:35.18	1:36.50	195	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
200 Breaststroke	3:21.75	3:24.40	211	23/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
50 Butterfly	38.72	39.20	177	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
100 Butterfly	1:38.69	1:39.50	113	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
50 Backstroke	38.68	39.20	186	18/05/24	Cheshunt SC May Anniversary Meet 2024	Harlow	ER240235	3
100 Backstroke	1:25.91	1:26.80	178	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
200 Backstroke	2:59.09	3:00.90	205	22/06/24	City of St Albans Summer Meet 2024	St Albans	ER240215	3
200 Individual Medley	3:10.70	3:12.80	189	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
100 Individual Medley	1:33.21	1:33.20	147	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	LR231604	3