

Individual Best Times (All Time)

Dante Ruscoe - (1708535) - Exeter City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	44.92	44.20	192	16/01/24	Devon County Age Group Championships 2024	Plymouth	SW240141	1
50 Butterfly	38.70	38.20	190	14/01/24	Devon County Age Group Championships 2024	Plymouth	SW240140	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.67	33.30	234	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
50 Breaststroke	42.62	43.40	200	06/04/24	East Devon Mini League Rd3 2024	Paignton	SW240585	4
200 Breaststroke	3:22.77	3:25.40	208	17/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
50 Butterfly	42.59	43.00	133	24/09/23	Exeter Sprint Meet 2023	Plymouth	SW231344	3
50 Backstroke	38.42	38.90	190	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3
100 Individual Medley	1:24.14	1:24.10	200	16/03/24	Caradon & Dinnaton Two Counties 2024	Plymouth	SW240204	3