

Individual Best Times (All Time)

Richard Russell - (1754251) - Coalville SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.42	28.20	397	17/03/24	Coalville SC 2024 50m Sprint Gala	Coalville	EM240723	4
50 Breaststroke	35.26	36.10	354	17/03/24	Coalville SC 2024 50m Sprint Gala	Coalville	EM240723	4
100 Breaststroke	1:17.63	1:19.20	361	19/05/24	Coalville SC 2024 Sprint Sprint Time Trials	Coalville	EM241176	4
50 Butterfly	30.79	31.40	352	17/03/24	Coalville SC 2024 50m Sprint Gala	Coalville	EM240723	4
50 Backstroke	31.45	32.10	347	17/03/24	Coalville SC 2024 50m Sprint Gala	Coalville	EM240723	4
100 Backstroke	1:08.06	1:09.20	358	19/05/24	Coalville SC 2024 Sprint Sprint Time Trials	Coalville	EM241176	4
100 Individual Medley	1:08.43	1:08.40	373	27/04/24	Leicester & District SL Winter League 2024 R3	Leicester	EM241171	4