

Individual Best Times (All Time)

Nisha Desai - (363202) - Rushmoor Royals SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.58	28.90	508	05/07/14	Rushmoor Royals SC Summer Open Meet	Aldershot	SE4694	3
100 Freestyle	1:04.91	1:03.60	505	14/04/13	Bexley SC Long Course Open Meet	London	LR3128	1
200 Freestyle	2:33.75	2:31.50	395	02/10/11	Portsmouth Northsea Open Meet	Portsmouth	SE1579	3
400 Freestyle	5:13.49	5:09.00	423	03/03/13	Surrey County Championships	Guildford	CC3039	1
800 Freestyle	10:52.34	10:43.40	410	03/11/12	Rushmoor Royals SC Distance Meet	Aldershot	SE2587	1
50 Breaststroke	37.13	36.30	484	23/03/14	BG Surrey County Championships	Crystal Palace	CC4054	1
100 Breaststroke	1:21.26	1:19.70	491	04/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
200 Breaststroke	2:58.80	2:55.80	455	18/05/14	Bracknell & Wokingham SC L1 Open Meet	Aldershot	SE4049	1
50 Butterfly	32.62	32.00	420	05/07/14	Rushmoor Royals SC Summer Open Meet	Aldershot	SE4694	3
100 Butterfly	1:14.47	1:13.40	413	18/02/17	BUCS Long Course Swimming Championships	Sheffield	NE170125	1
200 Butterfly	3:01.02	2:59.30	304	04/04/09	Bracknell & Wokingham 2009	Aldershot	SE9085	2
50 Backstroke	33.37	32.80	521	23/03/14	BG Surrey County Championships	Crystal Palace	CC4054	1
100 Backstroke	1:12.92	1:11.80	485	04/05/13	BG South East Region Youth Champs	Crawley	SER301	1
200 Backstroke	2:39.04	2:36.90	464	14/04/13	Bexley SC Long Course Open Meet	London	LR3128	1
200 Individual Medley	2:42.23	2:39.80	469	12/01/14	Portsmouth Northsea New Year Open Meet	Portsmouth	SE4084	1
400 Individual Medley	5:40.86	5:35.70	474	03/03/13	Surrey County Championships	Guildford	CC3039	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.09	29.80	489	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
100 Freestyle	1:03.34	1:04.60	499	22/03/14	BG Surrey County Championships	Guildford	CC4053	2
200 Freestyle	2:20.75	2:23.20	481	09/03/13	Surrey County Championships	Guildford	CC3040	2
400 Freestyle	5:03.64	5:08.20	442	08/07/12	Haslemere SC Summer Open Meet	Haslemere	SE2086	3
800 Freestyle	10:31.03	10:40.10	433	22/11/13	Guildford Competitive Distance Meet	Guildford	SE3966	4
1500 Freestyle	22:48.71	23:03.70	292	18/12/09	Guildford City Champs	Guildford	SE9721	4
50 Breaststroke	36.81	37.70	457	08/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
100 Breaststroke	1:19.27	1:20.80	486	13/04/14	Guildford City SC Regional Qualifier	Guildford	SE4082	3
200 Breaststroke	2:52.98	2:56.00	470	24/11/13	Guildford County Qualifier Meet	Guildford	SE3252	3
50 Butterfly	31.84	32.40	448	18/12/16	Basingstoke Bluefins Last Chance County Qualifier	Basingstoke	SE162569	3
100 Butterfly	1:12.09	1:13.10	421	16/03/14	British Gas Surrey Age Group Championships	Guildford	CC4052	2
200 Butterfly	2:45.36	2:47.30	378	18/01/14	Epsom Winter Open Meet 2014	Epsom	SE4072	3
50 Backstroke	32.42	33.00	472	07/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
100 Backstroke	1:08.99	1:10.10	503	08/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
200 Backstroke	2:31.89	2:34.10	480	06/10/13	Cranleigh ASC October Open Meet	Cranleigh	SE3243	3
200 Individual Medley	2:34.76	2:37.30	488	24/11/13	Guildford County Qualifier Meet	Guildford	SE3252	3
400 Individual Medley	5:35.68	5:40.90	459	06/10/13	Cranleigh ASC October Open Meet	Cranleigh	SE3243	3
100 Individual Medley	1:14.73	1:14.70	432	06/07/13	Haslemere Summer Open Meet	Haslemere	SE3190	3