

Individual Best Times (All Time)

Aleksander Forsyiaik - (386539) - City Of Glasgow Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.06	26.30	461	28/01/12	ASA Central Zone Meet	Corby	ZM2130	1
100 Freestyle	55.18	53.60	612	01/05/16	West Midlands ASA Championships	Coventry	WM160481	1
200 Freestyle	2:01.89	1:59.00	585	08/03/14	Warwickshire ASA County Championships	Coventry	CC4005	1
400 Freestyle	4:25.22	4:19.90	571	15/03/14	Warwickshire County Championships	Coventry	CC4006	1
800 Freestyle	9:21.79	9:11.40	521	09/03/13	Warwickshire County Championships	Coventry	CC3008	1
1500 Freestyle	17:46.43	17:26.90	544	02/03/13	Warwickshire County Championships	Coventry	CC3007	1
50 Breaststroke	30.88	29.80	593	28/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
100 Breaststroke	1:07.48	1:05.60	598	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	SCO1619	1
200 Breaststroke	2:23.75	2:20.00	665	01/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
50 Butterfly	27.01	26.30	560	28/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
100 Butterfly	1:02.45	1:01.20	496	02/05/16	West Midlands ASA Championships	Coventry	WM160481	1
200 Butterfly	2:34.34	2:32.30	365	16/02/13	Wycombe District Annual LC Open Meet	Wycombe	SE3250	1
50 Backstroke	33.53	32.90	346	19/03/11	Warwickshire County Championships	Coventry	CC1007	1
100 Backstroke	1:09.24	1:08.10	413	08/05/11	City of Coventry May Open Meet	Coventry	WM1066	1
200 Backstroke	2:25.32	2:23.00	456	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
200 Individual Medley	2:15.58	2:12.60	594	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
400 Individual Medley	4:48.78	4:42.60	592	30/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.77	25.60	539	03/07/16	Boldmere Water Carnival	Stechford	WM161270	3
100 Freestyle	53.77	55.30	579	09/04/16	Gloucester City Spring Level 2	Gloucester	SW160132	2
200 Freestyle	1:57.41	2:00.30	606	16/07/17	Leicester Sharks Summer Splash	Nuneaton	EM170936	3
400 Freestyle	4:15.43	4:20.90	573	06/10/13	Coventry & District ASC Championships	Nuneaton	WM3624	2
1500 Freestyle	17:01.50	17:21.50	569	18/11/12	Stratford Sharks SC Club Championships	Stratford	WM2654	4
50 Breaststroke	30.60	31.60	542	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Breaststroke	1:04.27	1:06.20	636	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Breaststroke	2:20.56	2:24.30	624	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
50 Butterfly	27.09	27.80	517	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Butterfly	1:00.76	1:02.00	486	04/11/17	REN96 Open Meet	Linwood	SCO1380	2
200 Butterfly	2:16.73	2:19.00	477	03/07/16	Boldmere Water Carnival	Stechford	WM161270	3
50 Backstroke	30.57	31.20	378	05/10/14	Coventry & District Swimming Club Champs	Nuneaton	WM4775	2
100 Backstroke	1:03.13	1:04.40	448	30/03/14	Nuneaton & Bedworth Spring "Qualifying" Open	Nuneaton	WM4272	2
200 Backstroke	2:17.88	2:20.30	449	30/11/13	Nuneaton & Bedworth Winter Meet	Nuneaton	WM3127	2
200 Individual Medley	2:14.19	2:17.10	545	02/07/16	Boldmere Water Carnival	Stechford	WM161270	3
400 Individual Medley	4:35.26	4:41.60	620	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Individual Medley	1:02.51	1:02.50	489	01/07/17	Worcester Summer Open Meet	Worcester	WM171204	3