

Individual Best Times (All Time)

James Russen - (57578) - Norwich Swan SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.24	28.50	365	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
100 Freestyle	1:04.51	1:03.20	383	24/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
50 Backstroke	36.44	35.90	269	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1
100 Backstroke	1:17.26	1:16.20	297	23/02/14	BUCS Long Course 2014	Sheffield	BUC009	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.63	28.40	388	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Freestyle	1:01.81	1:03.10	381	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
200 Freestyle	2:19.96	2:22.40	357	04/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
400 Freestyle	5:00.09	5:04.70	353	16/07/14	Norwich Swan SC Club Championships	Wymondham	ER4747	4
50 Breaststroke	38.43	39.20	273	14/03/10	Norfolk County Champs	Thetford	CC0089	2
100 Breaststroke	1:25.39	1:26.90	271	06/03/10	Norfolk County Champs	Thetford	CC0088	2
200 Breaststroke	3:48.02	3:50.30	146	06/03/05	Norfolk County Championships	Thetford	CCM585	2
50 Butterfly	31.29	31.90	335	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
50 Backstroke	34.07	34.70	273	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Backstroke	1:14.03	1:15.10	278	19/07/14	Norwich Swan SC Club Championships	Wymondham	ER4748	4
200 Backstroke	2:40.16	2:42.20	286	12/03/11	Norfolk County Championships	Thetford	CC1101	2
100 Individual Medley	1:12.30	1:12.30	316	19/07/14	Norwich Swan SC Club Championships	Wymondham	ER4748	4