

# Individual Best Times (All Time)

Jack Ryan - (752850) - Central Bedfordshire Swim Squad

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.94	26.20	467	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	ER160218	1
100 Freestyle	57.77	56.30	533	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
200 Freestyle	2:06.54	2:03.80	523	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
400 Freestyle	4:27.78	4:22.50	555	01/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
1500 Freestyle	18:26.68	18:07.90	487	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
50 Breaststroke	39.03	38.20	293	18/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1
100 Breaststroke	1:23.25	1:21.70	318	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Breaststroke	3:05.35	3:02.50	310	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Backstroke	31.43	30.80	420	13/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
100 Backstroke	1:06.50	1:05.30	467	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
200 Backstroke	2:26.03	2:23.70	450	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	ER160218	1
200 Individual Medley	2:31.06	2:28.40	429	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
400 Individual Medley	5:48.75	5:43.70	336	07/06/14	BGASA East Region Championships 2014	Norwich	ERX412	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.25	27.00	452	18/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
100 Freestyle	56.22	57.70	507	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
200 Freestyle	2:02.43	2:05.20	534	12/03/16	Mid Beds Swim Squad Level 2 Open Meet	Biggleswade	ER160410	2
400 Freestyle	4:24.45	4:29.70	517	05/12/15	Windsor Open Meet	Maidenhead	SE150283	3
1500 Freestyle	17:34.03	17:53.40	518	06/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
50 Breaststroke	34.71	35.60	371	03/12/16	Biggleswade 2016 Club Championships	Biggleswade	ER161712	4
100 Breaststroke	1:17.77	1:19.40	359	03/09/16	Biggleswade Club Championships	Biggleswade	ER161709	4
200 Breaststroke	2:47.92	2:51.00	366	03/10/15	Biggleswade SC 2015 Club Championships	Biggleswade	ER152031	4
50 Butterfly	30.99	31.60	345	01/10/16	Biggleswade 2016 Club Championships	Biggleswade	ER161710	4
100 Butterfly	1:15.32	1:16.30	255	28/06/14	Team Luton SC Club Championships	Luton	ER4532	4
50 Backstroke	30.06	30.70	397	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
100 Backstroke	1:04.36	1:05.60	423	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
200 Backstroke	2:18.65	2:21.00	442	19/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
200 Individual Medley	2:21.59	2:24.30	464	24/06/17	Biggleswade 18th Open Meet	Biggleswade	ER171068	3
400 Individual Medley	5:15.16	5:20.70	413	01/10/16	Biggleswade 2016 Club Championships	Biggleswade	ER161710	4
100 Individual Medley	1:08.16	1:08.20	377	19/09/15	Biggleswade SC 2015 Club Championships	Biggleswade	ER152030	4