

Individual Best Times (All Time)

Polly Ruppel - (776002) - Borough of Wandsworth SA

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.03	30.30	440	23/03/14	BG Surrey County Championships	Crystal Palace	CC4054	1
100 Freestyle	1:09.50	1:08.30	411	11/05/14	Beckenham International Open Meet	London	LR4343	1
50 Butterfly	31.91	31.30	448	26/02/17	Surrey Age Group Championships	Crystal Palace	LR170178	1
100 Butterfly	1:17.80	1:16.80	362	10/05/14	Beckenham International Open Meet	London	LR4343	1
50 Backstroke	37.69	37.20	361	23/03/14	BG Surrey County Championships	Crystal Palace	CC4054	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.31	31.00	432	18/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	SE4010	3
100 Freestyle	1:07.55	1:08.80	411	22/03/14	BG Surrey County Championships	Guildford	CC4053	2
200 Freestyle	2:32.22	2:34.50	380	19/05/13	Woking SC B C Grade Octopus Open Meet	Woking	SE3236	3
400 Freestyle	5:44.88	5:48.90	301	11/11/12	Leander SC Winter Club Championships	Dulwich	LR2819	4
50 Breaststroke	48.14	48.80	204	19/05/13	Woking SC B C Grade Octopus Open Meet	Woking	SE3236	3
100 Breaststroke	1:42.55	1:43.80	224	15/07/12	Staines SC Black Swan Summer Meet	Walton on Thames	SE2242	3
200 Breaststroke	3:57.23	3:59.50	182	03/10/10	Leander Club Champs	Whitgift	LR0557	4
50 Butterfly	32.57	33.10	419	01/10/16	The Royals Autumn Open Meet 2016	Walton-on-Thames	LR161513	3
100 Butterfly	1:17.06	1:18.00	345	15/10/13	Leander Club Championships	Dulwich	ER3895	4
200 Butterfly	3:18.63	3:20.20	218	17/11/12	Wandsworth Borough Championships	Putney	LR2735	4
50 Backstroke	36.18	36.70	339	19/05/13	Woking SC B C Grade Octopus Open Meet	Woking	SE3236	3
100 Backstroke	1:19.64	1:20.60	327	02/02/14	Wandsworth Borough Qualifier 2014	Dulwich	LR4129	4
200 Backstroke	2:56.70	2:58.60	304	29/06/14	Borough of Wandsworth Championships 2014	Tooting	LR4610	4
200 Individual Medley	2:52.08	2:54.40	355	02/02/14	Wandsworth Borough Qualifier 2014	Dulwich	LR4129	4
100 Individual Medley	1:19.27	1:19.30	362	18/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	SE4010	3