

Individual Best Times (All Time)

Reuben Ryder - (790436) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:06.90	1:05.60	343	21/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
200 Freestyle	2:34.82	2:32.60	285	21/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
50 Breaststroke	36.99	36.10	345	01/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
100 Breaststroke	1:21.38	1:19.80	341	22/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1
200 Breaststroke	2:58.41	2:55.40	347	03/12/17	Swim Wales Long Course Championships	Swansea	WL170076	1
100 Backstroke	1:22.80	1:21.80	242	05/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1
200 Individual Medley	2:45.67	2:43.30	325	22/10/17	Neath ASC Open Meet 2017	Swansea	WL171216	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.99	30.70	303	08/10/17	Conwy Autumn Meet	Llandudno	WL171706	2
100 Freestyle	1:07.82	1:09.00	289	07/10/17	Conwy Autumn Meet	Llandudno	WL171706	2
200 Freestyle	2:20.61	2:23.10	352	06/02/18	SW North Regional Championships	Llandudno	WL180044	2
400 Freestyle	6:28.84	6:32.40	162	27/09/15	Swim Conwy Closed Invitational Meet	Llandudno	WL151457	3
1500 Freestyle	26:15.15	26:28.20	155	26/09/15	Swim Conwy Closed Invitational Meet	Llandudno	WL151457	3
50 Breaststroke	35.31	36.20	352	06/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Breaststroke	1:16.98	1:18.60	370	04/02/18	SW North Regional Championships	Llandudno	WL180044	2
200 Breaststroke	2:46.52	2:49.70	375	18/11/17	Stockport Metro November Meet 2017	Stockport	NW172023	2
50 Butterfly	35.88	36.40	222	04/02/17	Swim Wales North Regional Championships	Llandudno	WL170077	2
100 Butterfly	1:17.02	1:18.00	238	28/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
50 Backstroke	41.45	41.90	151	01/02/15	SWNR Regional Championships	Llandudno	WL150521	2
100 Backstroke	1:19.54	1:20.50	224	28/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
200 Backstroke	3:26.40	3:28.00	134	26/09/15	Swim Conwy Closed Invitational Meet	Llandudno	WL151457	3
200 Individual Medley	2:39.32	2:41.80	325	06/02/18	SW North Regional Championships	Llandudno	WL180044	2
100 Individual Medley	1:34.65	1:34.70	141	12/07/15	Len Thomas Memorial Sprint Meet	Llandudno	WL150713	2