

Individual Best Times (All Time)

Ronit Nair - (850272) - Dulwich Dolphins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.53	32.90	242	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1
50 Butterfly	38.44	37.90	194	15/03/15	London Schools Championships 2015	Crystal Palace	LR150242	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.43	31.10	290	17/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
100 Freestyle	1:06.52	1:07.80	306	10/12/16	Dulwich Dolphins Club Championships	Stone	LR162362	4
200 Freestyle	2:26.94	2:29.30	309	17/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
400 Freestyle	5:22.20	5:26.50	285	10/12/16	Dulwich Dolphins Club Championships	Stone	LR162362	4
50 Breaststroke	42.64	43.40	200	14/11/15	Dulwich Dolphins Club Championships Winter	Dulwich	LR152150	4
100 Breaststroke	1:49.03	1:50.20	130	19/11/12	Beckenham SC Club Championships	Beckenham	LR2687	4
200 Breaststroke	3:18.36	3:21.00	222	03/12/16	Dulwich Dolphins Club Championships	Stone	LR162360	4
50 Butterfly	33.80	34.40	266	17/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	LR161593	3
100 Butterfly	1:16.74	1:17.70	241	03/12/16	Dulwich Dolphins Club Championships	Stone	LR162360	4
50 Backstroke	36.56	37.10	221	10/12/16	Dulwich Dolphins Club Championships	Stone	LR162362	4
100 Backstroke	1:35.20	1:36.00	130	30/11/13	Dulwich Dolphin SC Club Championships	Dulwich	LR3954	4
200 Backstroke	3:54.80	3:56.20	91	07/11/11	Beckenham Club Championships	Beckenham	LR1622	4
200 Individual Medley	2:52.55	2:54.80	256	03/10/15	Orpington Ojays Season Starter	Gillingham	LR150605	3
100 Individual Medley	1:16.63	1:16.60	265	12/11/16	Dulwich Doolphins Club Championships	Stone	LR162359	4