

Individual Best Times (All Time)

Ryan Pocock - (862853) - Stevenage SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.83	29.10	344	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
100 Freestyle	1:05.91	1:04.60	359	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
200 Freestyle	2:20.66	2:18.20	381	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
1500 Freestyle	20:46.33	20:29.60	341	01/03/14	Hertfordshire ASA County Championships	Luton	CC4079	1
50 Breaststroke	39.77	39.00	277	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
100 Breaststroke	1:39.62	1:38.30	186	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	ER150028	3
50 Backstroke	35.27	34.70	297	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3
100 Backstroke	1:18.50	1:17.50	284	01/07/17	Bishops Stortford End of Season LC Open Meet	Luton	ER170873	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.64	28.40	388	18/12/20	Stevenage SC	Stevenage Swimming P	LEX897	0
100 Freestyle	59.09	1:00.50	436	06/10/19	SSC Club Championships	Stevenage	ER192336	4
200 Freestyle	2:11.16	2:13.80	434	29/10/18	Stevenage Club Championships 2018	Stevenage	ER181606	4
400 Freestyle	4:33.22	4:38.30	468	16/11/18	Stevenage Long Distance Freestyle Club Champs	Stevenage	ER181601	4
800 Freestyle	9:43.69	9:53.50	438	30/11/18	Stevenage Long Distance Freestyle Club Champs	Stevenage	ER181602	4
1500 Freestyle	19:01.13	19:19.10	408	05/02/17	Herts County Champs & Age Group Champs	Borehamwood	ER170424	2
50 Breaststroke	35.24	36.10	354	18/12/20	Stevenage SC	Stevenage Swimming P	LEX897	0
100 Breaststroke	1:17.04	1:18.70	369	14/10/19	SSC Club Championships	Stevenage	ER192337	4
200 Breaststroke	2:52.84	2:55.90	336	06/10/19	SSC Club Championships	Stevenage	ER192336	4
50 Butterfly	33.11	33.70	283	16/06/18	Stevenage Summer Sprint 2018	Stevenage	ER180722	3
200 Butterfly	2:57.54	2:59.30	217	23/09/17	Hemel Hempstead 200 Fly Fest	Hemel Hempstead	ER171353	3
50 Backstroke	32.80	33.40	306	14/10/19	SSC Club Championships	Stevenage	ER192337	4
100 Backstroke	1:11.61	1:12.70	307	12/10/19	NASL London Round 1	Southbury	ER192860	3
200 Backstroke	2:34.22	2:36.40	321	14/10/18	Stevenage Club Championships 2018	Stevenage	ER181605	4
200 Individual Medley	2:27.97	2:30.60	406	12/10/19	NASL London Round 1	Southbury	ER192860	3
400 Individual Medley	5:24.25	5:29.60	379	23/09/18	Stevenage Club Championships 2018	Stevenage	ER181604	4
100 Individual Medley	1:07.93	1:07.90	381	06/10/19	SSC Club Championships	Stevenage	ER192336	4