

Individual Best Times (All Time)

Vanessa Rubio - (916809) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.47	29.80	465	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
100 Freestyle	1:04.97	1:03.70	504	09/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
200 Freestyle	2:20.09	2:17.60	522	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
400 Freestyle	4:57.84	4:53.10	493	30/01/16	Burns Open Meet 2016	Sheffield	NE160170	1
50 Breaststroke	40.92	40.10	361	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	NE170346	1
100 Breaststroke	1:28.05	1:26.60	386	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
200 Breaststroke	3:06.09	3:03.20	403	03/02/18	N & D 2018 Championships	Sunderland	NE180242	1
50 Butterfly	33.36	32.80	392	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
100 Butterfly	1:17.35	1:16.40	369	09/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
50 Backstroke	41.33	40.80	274	31/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	NE151004	1
100 Backstroke	1:35.52	1:34.70	216	02/11/13	City of Sunderland Firecracker 2013	Sunderland	NE3924	3
200 Individual Medley	2:42.40	2:40.00	468	28/02/16	Northumberland & Durham County Champs	Sunderland	NE160072	1
400 Individual Medley	5:52.31	5:47.30	429	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.64	30.30	462	09/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
100 Freestyle	1:03.66	1:05.00	491	19/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
200 Freestyle	2:18.15	2:20.60	509	10/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
400 Freestyle	4:49.43	4:54.20	510	19/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
800 Freestyle	13:24.53	13:31.70	208	14/12/13	Middlesborough ASC Junior Christmas Gala	Middlesborough	NE3315	3
50 Breaststroke	38.97	39.80	385	16/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
100 Breaststroke	1:26.23	1:27.70	378	09/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
200 Breaststroke	3:03.97	3:06.80	391	03/12/17	Derwentside Christmas Cracker Meet 2017	Stanley	NE172237	3
50 Butterfly	32.80	33.40	410	05/06/16	Derwentside 7th Annual Charity Swim Meet 2016	Stanley	NE160129	3
100 Butterfly	1:15.86	1:16.90	361	16/07/17	Gateshead & Whickham Summer Meet 2017	Dunston	NE171515	3
50 Backstroke	36.96	37.50	318	25/09/16	Billingham Autumn Meet	Billingham	NE160250	3
100 Backstroke	1:17.18	1:18.20	359	15/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	NE160597	3
200 Backstroke	3:05.10	3:06.90	265	07/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
200 Individual Medley	2:38.28	2:40.80	456	09/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
400 Individual Medley	5:38.82	5:44.00	446	18/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
100 Individual Medley	1:15.17	1:15.20	424	14/05/16	Wear Valley Level 3 Meet May 2016	Bishop Auckland	NE160597	3