

Individual Best Times (All Time)

Ruslan Postupalenko - (920632) - Felixstowe SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.77	29.50	344	27/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
100 Freestyle	1:04.64	1:05.90	333	28/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
50 Breaststroke	38.12	38.90	280	21/11/15	Deben SC Open Meet 2015	Woodbridge	ER152016	3
100 Breaststroke	1:24.95	1:26.40	275	27/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
200 Breaststroke	3:16.39	3:19.10	229	18/01/15	Teamipswich Swimming January Open Meet	Ipswich	ER150023	3