

Individual Best Times (All Time)

Susannah Russell - (934016) - Beau Sejour Barracuda SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	41.61	40.80	344	04/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
100 Breaststroke	1:29.45	1:28.00	368	03/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
50 Backstroke	32.84	32.20	547	03/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
100 Backstroke	1:10.71	1:09.60	532	04/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1
200 Backstroke	2:40.26	2:38.20	453	03/02/18	Hampshire County Championships 2018	Mountbatten LC	SE180161	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.90	30.60	451	01/07/18	The Barracuda 30th Open Meet 2018	Guernsey	SE180472	2
100 Freestyle	1:05.52	1:06.80	451	25/11/18	CHANNEL ISLAND CLOSED SWIMMING CHAMPS	LES QUENNEVAIS	SE182556	2
200 Freestyle	2:23.40	2:25.80	455	24/03/19	Rothschild Island Championships	St Sampsons School	SE191285	3
400 Freestyle	5:26.50	5:30.80	355	22/10/18	Beau Sejour Barracudas LBG Club Championships 2018	Guernsey	SE180973	4
50 Breaststroke	38.60	39.40	397	26/10/18	Calligo Tigers Annual Autumn Open Meet 2018	St Brelade, Jersey	SE180951	2
100 Breaststroke	1:25.47	1:26.90	388	24/03/18	Rothschild Island Championships	St Sampsons School	SE180636	3
200 Breaststroke	3:12.75	3:15.50	340	27/11/16	Channel Island Closed Swimming Championships	Les Quennevais	SE161846	3
50 Butterfly	37.68	38.20	270	14/03/18	Beau Sejour Barracudas LBG Club Championships 2018	Guernsey	SE180964	4
100 Butterfly	1:59.37	2:00.00	92	10/06/15	Beau Sejour Barracudas Specsavers Series	Guernsey	SE150416	4
50 Backstroke	32.55	33.20	466	27/10/18	Calligo Tigers Annual Autumn Open Meet 2018	St Brelade, Jersey	SE180951	2
100 Backstroke	1:09.37	1:10.50	495	29/09/18	Guernsey Inter-Insular 2018	Guernsey	SE182306	4
200 Backstroke	2:30.69	2:32.90	491	24/03/18	Rothschild Island Championships	St Sampsons School	SE180636	3
200 Individual Medley	2:50.44	2:52.70	365	13/06/18	Beau Sejour Barracudas LBG Club Championships 2018	Guernsey	SE180968	4
100 Individual Medley	1:14.58	1:14.60	435	29/06/18	The Barracuda 30th Open Meet 2018	Guernsey	SE180472	2