

Individual Best Times (All Time)

Aryaan Rampal - (955994) - Fox Hollies

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.65	33.00	239	09/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
100 Freestyle	1:14.97	1:13.80	244	08/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
200 Freestyle	2:49.23	2:47.20	218	08/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
400 Freestyle	5:49.75	5:45.70	249	09/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
50 Breaststroke	50.81	50.20	133	20/09/14	City of Coventry 50m Sprints	Coventry	WM4668	3
200 Breaststroke	4:00.96	3:58.70	141	12/07/14	Torfaen Dolphins Non National Qualifier 2014	Bristol	SW4593	3
50 Butterfly	40.85	40.40	162	08/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
50 Backstroke	39.63	39.10	209	08/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
200 Backstroke	3:07.87	3:06.10	211	08/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
200 Individual Medley	3:08.87	3:06.80	219	09/07/17	Graham Sykes Memorial Meet 2017	Coventry	WM170725	3
400 Individual Medley	7:41.19	7:37.30	145	17/01/15	City of Coventry January Open Meet 2015	Coventry	WM150096	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.94	35.50	192	03/07/16	Boldmere Water Carnival	Stechford	WM161270	3
100 Freestyle	1:23.73	1:24.70	153	26/04/14	Rugby Open Meet 2014	Rugby	WM4063	3
200 Freestyle	2:27.79	2:30.10	303	20/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
400 Freestyle	5:51.13	5:55.10	220	18/11/16	The Boldmere Open Meet	Boldmere	WM161930	3
50 Breaststroke	49.13	49.80	130	22/11/14	Boldmere Open Meet	Birmingham	WM14326	3
100 Breaststroke	1:49.37	1:50.50	129	23/11/14	Boldmere Open Meet	Birmingham	WM14326	3
50 Butterfly	41.55	42.00	143	19/11/16	The Boldmere Open Meet	Boldmere	WM161930	3
100 Butterfly	1:43.23	1:44.00	99	22/11/14	Boldmere Open Meet	Birmingham	WM14326	3
100 Backstroke	1:55.70	1:56.40	72	30/06/12	Boldmere SC Water Carnival 2012	Stechford	WM2321	3
200 Individual Medley	2:57.25	2:59.50	236	21/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
100 Individual Medley	1:33.71	1:33.70	145	26/04/14	Rugby Open Meet 2014	Rugby	WM4063	3