

Individual Best Times (All Time)

Henry Russell - (1389945) - Portsmouth Northsea SC - 50 Backstroke - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
31.64	341	F	15/09/23	Portsmouth Northsea Medley Champs 2023	Mountbatten Cen		4
31.87	333	F	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park		2
32.30	320	F	09/06/24	Cranleigh ASC Summer Open Meet 2024	Cranleigh		3
33.20	295	F	15/10/22	Portsmouth Northsea SC 1st Chance County Qualifier	Portsmouth		3
34.28	268	F	16/09/22	PNSC Medley Club Champs	Portsmouth		4
35.41	243	F	05/03/22	City of Southampton SC 20th Spring Meet	Southampton		3
36.34	225	H	30/01/22	Hampshire County ASA Swimming Championships 2022	Portsmouth	Portsmouth N	2
36.96	214	F	06/11/21	Fareham Nomads Winter Meet 2021	Waterlooville		3
40.97	157	F	13/07/21	Portsmouth Northsea Swimming Club	Mountbatten Centre		0
42.77	138	F	02/11/20	Portsmouth Northsea	Mountbatten Centre		0
42.93	136	F	15/06/21	Portsmouth	Mountbatten		0
44.75	120	F	11/05/21	Portsmouth Northsea	Mountbatten Centre		0
46.96	104	H	30/11/19	Havant & Waterlooville Peter Bull Open Meet 2019	Waterlooville	Portsmouth N	3
50.43	84	F	07/12/18	Portsmouth Northsea Novice Championships 2018	Mountbatten SC	Portsmouth N	4
51.92	77	F	14/04/18	Portsmouth Northsea Swimming Club Time Trials	Mountbatten SC	Portsmouth N	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
32.30	320	F	09/06/24	Cranleigh ASC Summer Open Meet 2024	Cranleigh		3
31.87	333	F	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park		2
31.64	341	F	15/09/23	Portsmouth Northsea Medley Champs 2023	Mountbatten Cen		4
33.20	295	F	15/10/22	Portsmouth Northsea SC 1st Chance County Qualifier	Portsmouth		3
34.28	268	F	16/09/22	PNSC Medley Club Champs	Portsmouth		4
35.41	243	F	05/03/22	City of Southampton SC 20th Spring Meet	Southampton		3
36.34	225	H	30/01/22	Hampshire County ASA Swimming Championships 2022	Portsmouth	Portsmouth N	2
36.96	214	F	06/11/21	Fareham Nomads Winter Meet 2021	Waterlooville		3

40.97	157	F	13/07/21	Portsmouth Northsea Swimming Club	Mountbatten Centre		0
42.93	136	F	15/06/21	Portsmouth	Mountbatten		0
44.75	120	F	11/05/21	Portsmouth Northsea	Mountbatten Centre		0
42.77	138	F	02/11/20	Portsmouth Northsea	Mountbatten Centre		0
46.96	104	H	30/11/19	Havant & Waterlooville Peter Bull Open Meet 2019	Waterlooville	Portsmouth N	3
50.43	84	F	07/12/18	Portsmouth Northsea Novice Championships 2018	Mountbatten SC	Portsmouth N	4
51.92	77	F	14/04/18	Portsmouth Northsea Swimming Club Time Trials	Mountbatten SC	Portsmouth N	4