

Individual Best Times (All Time)

Ryan Alexander - (515890) - Sudbury & District SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.12	27.90	410	12/11/16	BUCS Short Course Swimming Championships	Sheffield	NE162003	2
100 Freestyle	1:00.55	1:01.90	406	11/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
200 Freestyle	2:19.63	2:22.10	360	22/06/14	Suffolk County ASA Development Championships	Newmarket	ER4546	3
400 Freestyle	5:22.01	5:26.30	286	11/07/12	Sudbury & District Club Championships	Sudbury	ER2484	4
800 Freestyle	11:26.88	11:35.30	269	24/11/10	Sudbury & District Club Champs	Sudbury	ER0571	4
1500 Freestyle	22:02.70	22:18.20	262	19/11/10	Sudbury & District Champs	Sudbury	ER0570	4
50 Breaststroke	35.31	36.20	352	11/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
100 Breaststroke	1:19.12	1:20.70	341	12/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
200 Breaststroke	2:56.19	2:59.20	317	11/05/14	Sudbury & District May Last Chance Meet	Sudbury	ER4128	3
50 Butterfly	33.29	33.90	278	12/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
100 Butterfly	1:28.21	1:29.10	158	11/01/13	Sudbury & District Last Chance Open Meet	Sudbury	ER3022	3
50 Backstroke	32.69	33.30	309	27/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
100 Backstroke	1:12.22	1:13.30	299	13/01/13	Sudbury & District Last Chance Open Meet	Sudbury	ER3022	3
200 Backstroke	2:33.84	2:36.00	323	10/05/14	Sudbury & District May Last Chance Meet	Sudbury	ER4128	3
200 Individual Medley	2:42.46	2:44.90	307	11/05/14	Sudbury & District May Last Chance Meet	Sudbury	ER4128	3
400 Individual Medley	6:08.97	6:13.70	257	04/07/12	Sudbury & District Club Championships	Sudbury	ER2484	4
100 Individual Medley	1:11.61	1:11.60	325	11/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3