

Individual Best Times (All Time)

Makar Yakhno - (1656220) - Portsmouth Northsea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.58	26.80	435	09/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
100 Freestyle	56.59	55.10	567	30/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
200 Freestyle	2:02.42	1:59.60	578	09/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
400 Freestyle	4:17.72	4:12.20	622	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
800 Freestyle	8:45.04	8:33.90	638	27/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
1500 Freestyle	16:41.52	16:20.80	657	10/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
50 Breaststroke	36.04	35.20	373	03/12/22	Portsmouth Northsea SC Christmas Meet 2022	Mountbatten Centre	SE222226	3
100 Breaststroke	1:23.84	1:22.30	312	04/12/22	Portsmouth Northsea SC Christmas Meet 2022	Mountbatten Centre	SE222226	3
200 Breaststroke	2:43.19	2:39.90	454	31/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
50 Butterfly	30.34	29.70	395	23/04/23	SE South East Region Summer Championships 2023	Winchester	SE230798	1
100 Butterfly	1:05.94	1:04.80	421	08/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
200 Butterfly	2:21.88	2:19.60	470	09/03/24	Plymouth Leander March L1 National Qualifier 2024	Plymouth	SW240330	1
50 Backstroke	30.92	30.30	441	14/05/23	SE South East Region Summer Championships 2023	Winchester	SE230800	1
100 Backstroke	1:05.61	1:04.40	486	13/05/23	SE South East Region Summer Championships 2023	Winchester	SE230800	1
200 Backstroke	2:12.31	2:09.80	605	28/04/24	SE South East Region LC Championships 2024	Winchester	SE240685	1
200 Individual Medley	2:15.84	2:12.90	591	30/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
400 Individual Medley	4:47.89	4:41.70	597	29/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.85	28.60	379	15/09/23	Portsmouth Northsea Medley Champs 2023	Mountbatten Cen	SE231660	4
100 Freestyle	57.39	58.80	476	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
200 Freestyle	1:57.04	2:00.00	612	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
400 Freestyle	4:16.51	4:21.90	566	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
800 Freestyle	8:48.86	8:59.70	589	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
1500 Freestyle	16:29.15	16:49.70	627	04/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
50 Breaststroke	36.31	37.20	324	15/09/23	Portsmouth Northsea Medley Champs 2023	Mountbatten Cen	SE231660	4
200 Breaststroke	2:45.19	2:48.40	384	06/10/23	Portsmouth Northsea 1st Chance Qualifier L2 Meet	Mountbatten Centre	SE231675	2
50 Butterfly	29.11	29.80	417	18/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Butterfly	1:07.81	1:08.90	349	08/10/22	National Arena Swim League South Round One	Guildford	SE222047	3
200 Butterfly	2:19.89	2:22.10	445	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
50 Backstroke	30.06	30.70	397	08/10/23	Swim England National County Team Champs 2023	Sheffield	ASA157	2
100 Backstroke	1:03.55	1:04.80	439	08/10/23	Swim England National County Team Champs 2023	Sheffield	ASA157	2
200 Backstroke	2:19.68	2:22.00	432	05/11/22	SE South East Regional Winter SC Champs 2022	Winchester	SE222021	2
200 Individual Medley	2:17.59	2:20.40	505	05/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
400 Individual Medley	4:43.59	4:49.70	567	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
100 Individual Medley	1:10.12	1:10.10	347	19/06/22	Portsmouth Northsea Summer Novice International 22	Mountbatten Cen	SE220849	4