

Individual Best Times (Masters)

Ronya Jamilla Assady - (1303095) - Aberdeen ASC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	30.11	482	17/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
100 Freestyle	1:07.42	451	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
50 Butterfly	33.01	405	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
50 Backstroke	35.99	415	18/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0
100 Backstroke	1:19.04	381	17/06/22	British Masters Championships	Aberdeen Aquatics	MAS966	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	29.57	466	28/01/23	Silver City Blues Meet 2023	Aberdeen	MAS1009	0
100 Freestyle	1:06.11	439	25/01/20	Silver City Blues Masters Meet	Aberdeen Aquatics	MAS905	0
50 Breaststroke	40.67	339	25/01/20	Silver City Blues Masters Meet	Aberdeen Aquatics	MAS905	0
100 Breaststroke	1:28.91	345	25/01/20	Silver City Blues Masters Meet	Aberdeen Aquatics	MAS905	0
50 Butterfly	33.87	372	08/04/22	Scottish National Masters	Glasgow	MAS949	0
50 Backstroke	34.61	388	29/01/22	Silver City Blues meet	Aberdeen	MAS941	0
100 Backstroke	1:15.66	381	09/04/22	Scottish National Masters	Glasgow	MAS949	0
100 Individual Medley	1:15.01	427	29/01/22	Silver City Blues meet	Aberdeen	MAS941	0