

Individual Best Times (All Time)

Panos Angelakis - (1286036) - Musselburgh ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.80	26.00	474	11/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
100 Freestyle	57.37	55.90	544	10/05/24	Plymouth Leander Last Chance Nat Qualifier L1 2024	Plymouth	SW240649	1
200 Freestyle	2:03.40	2:00.60	564	08/03/24	Edinburgh International 2024	Edinburgh	SCO2160	1
400 Freestyle	4:20.00	4:14.60	606	09/08/22	Swim England National Summer Meet 2022	Sheffield	ENG024	1
800 Freestyle	9:01.13	8:50.40	583	26/01/24	Luxembourg Euro Meet 2024	Luxembourg	GBR2239	1
1500 Freestyle	17:29.32	17:09.50	571	08/03/24	Edinburgh International 2024	Edinburgh	SCO2160	1
50 Breaststroke	36.53	35.70	358	17/01/23	Devon County Championships 2023	Plymouth	SW230242	1
100 Breaststroke	1:21.11	1:19.50	344	11/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
200 Breaststroke	2:56.05	2:53.00	362	16/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220040	1
50 Butterfly	29.91	29.30	412	12/03/23	National Preparation Meet L1 2023	Millfield	SW230350	1
100 Butterfly	1:06.16	1:05.00	417	16/01/23	Devon County Championships 2023	Plymouth	SW230242	1
200 Butterfly	2:34.88	2:32.80	361	19/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220042	1
50 Backstroke	36.29	35.70	273	14/03/20	The Plymouth Leander Spring Regional LC Qualifier	Plymouth	SW200025	1
100 Backstroke	1:21.75	1:20.80	251	12/05/19	ASA SWR Summer Championships	Bristol	SW190489	1
200 Backstroke	2:28.19	2:25.90	430	18/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220041	1
200 Individual Medley	2:25.21	2:22.50	483	20/01/22	Devon County ASA Championships & Age Groups 2022	Plymouth	SW220042	1
400 Individual Medley	5:10.08	5:04.40	478	01/05/22	Swim England South West Region Championships 2022	Plymouth	SW220568	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.36	27.10	447	07/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
100 Freestyle	57.38	58.80	477	07/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
200 Freestyle	2:01.81	2:04.60	542	08/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
400 Freestyle	4:13.51	4:19.00	586	10/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
800 Freestyle	9:02.81	9:13.30	545	08/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
1500 Freestyle	16:47.80	17:08.00	593	16/12/23	Swim England Winter Championships 2023	Sheffield	ENG029	2
50 Breaststroke	34.60	35.50	374	15/10/22	Exeter City - Lyndsay Powell Memorial Meet 2022	Plymouth	SW221443	2
100 Breaststroke	1:15.15	1:16.80	398	16/10/22	Exeter City - Lyndsay Powell Memorial Meet 2022	Plymouth	SW221443	2
200 Breaststroke	2:40.28	2:43.50	421	12/12/21	Plymouth Leander SA Christmas Ho-Ho-Hoedown 2021	Plymouth	SW211216	3
50 Butterfly	29.04	29.70	420	07/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
100 Butterfly	1:05.56	1:06.70	387	08/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth	SW231387	2
200 Butterfly	2:54.13	2:55.90	231	14/01/20	Devon County ASA Championships & Age Group Comp	Plymouth	SW200247	2
50 Backstroke	32.52	33.10	314	04/12/21	Plymouth Leander SA Christmas Ho-Ho-Hoedown 2021	Plymouth	SW211215	3
100 Backstroke	1:07.69	1:08.90	363	12/12/21	Plymouth Leander SA Christmas Ho-Ho-Hoedown 2021	Plymouth	SW211216	3
200 Backstroke	2:23.22	2:25.50	401	05/12/21	Plymouth Leander SA Christmas Ho-Ho-Hoedown 2021	Plymouth	SW211215	3
200 Individual Medley	2:20.82	2:23.60	471	12/12/21	Plymouth Leander SA Christmas Ho-Ho-Hoedown 2021	Plymouth	SW211216	3
400 Individual Medley	4:59.01	5:04.80	484	05/11/22	SWR Short Course Winter	Millfield	SW221964	2
100 Individual Medley	1:05.68	1:05.70	422	14/01/23	Devon County ASA Interclub Meet 2023	Plymouth	SW230191	2