

# Individual Best Times (All Time)

Nana Opoku-Gyamfi - (1100680) - Team Luton Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.33	31.70	389	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Freestyle	1:13.85	1:12.70	343	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Breaststroke	41.99	41.20	334	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Butterfly	36.50	36.00	299	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Backstroke	38.12	37.60	349	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Individual Medley	3:19.27	3:17.30	253	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.06	31.70	402	17/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Freestyle	1:11.65	1:12.80	344	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton	ER150706	3
200 Freestyle	2:47.04	2:49.10	287	10/09/16	Team Luton Club Championships 2016 17	Luton	ER161906	4
400 Freestyle	6:16.85	6:20.60	231	10/09/16	Team Luton Club Championships 2016 17	Luton	ER161906	4
50 Breaststroke	41.31	42.10	323	24/10/15	Team Luton Autumn Short Course Meet	Luton	ER150601	3
100 Breaststroke	1:34.85	1:36.20	284	01/10/16	Hatfield Early Season Gala	Hatfield	ER161914	3
200 Breaststroke	3:31.79	3:34.30	256	17/10/15	Team Luton Club Championships 2015 2016	Luton	ER152078	3
50 Butterfly	34.56	35.10	351	28/11/15	Hatfield SC Winter Gala 2015	Hatfield	ER152040	3
100 Butterfly	1:33.50	1:34.30	193	12/03/16	Team Luton Club Championships 2015 2016	Luton	ER160178	3
200 Butterfly	3:51.00	3:52.40	138	09/05/15	Team Luton Skills Challenge 2015	Luton	ER150920	4
50 Backstroke	35.91	36.50	347	18/12/16	Hillingdon Winter Short Course Open Meet	Uxbridge	LR161927	3
100 Backstroke	1:20.77	1:21.80	313	16/10/16	Team Luton Autumn Short Course Meet	Luton	ER160087	3
200 Backstroke	3:02.41	3:04.20	277	25/10/15	Team Luton Autumn Short Course Meet	Luton	ER150601	3
200 Individual Medley	3:07.19	3:09.30	275	03/04/16	Hatfield Spring Gala	Hatfield	ER160704	3
400 Individual Medley	6:51.43	6:55.70	249	12/03/16	Team Luton Club Championships 2015 2016	Luton	ER160178	3
100 Individual Medley	1:22.89	1:22.90	316	01/10/16	Hatfield Early Season Gala	Hatfield	ER161914	3