

# Individual Best Times (All Time)

Panagiotis Philalithis - (1112314) - Saxon Crown (Lewisham) SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Butterfly	36.75	36.20	222	17/04/16	London Schools SA Championships	Crystal Palace	LR160201	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.56	33.20	237	26/06/16	Saxon Crown Future Championships	Lewisham	LR161061	3
100 Freestyle	1:11.59	1:12.80	245	05/12/16	Saxon Crown 2016 Club Championships	Downham	LR162244	4
200 Freestyle	2:33.00	2:35.30	273	05/12/16	Saxon Crown 2016 Club Championships	Downham	LR162244	4
400 Freestyle	6:49.06	6:52.50	139	01/11/15	Saxon Crown SC Club Championships 2015	Downham	LR152240	4
50 Breaststroke	43.52	44.20	188	26/06/16	Saxon Crown Future Championships	Lewisham	LR161061	3
100 Breaststroke	1:37.80	1:39.10	180	05/12/16	Saxon Crown 2016 Club Championships	Downham	LR162244	4
200 Breaststroke	3:32.51	3:35.00	180	16/11/15	Saxon Crown SC Club Championships 2015	Glass Mill	LR152244	4
50 Butterfly	36.20	36.70	216	05/11/16	DDSC & EDSC Fireworks Meet 2016	Bexleyheath	SE160682	3
100 Butterfly	1:21.78	1:22.70	199	05/12/16	Saxon Crown 2016 Club Championships	Downham	LR162244	4
200 Butterfly	3:07.34	3:09.00	185	06/11/16	DDSC & EDSC Fireworks Meet 2016	Bexleyheath	SE160682	3
50 Backstroke	38.93	39.40	183	05/11/16	DDSC & EDSC Fireworks Meet 2016	Bexleyheath	SE160682	3
100 Backstroke	1:28.20	1:29.10	164	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross	LR160131	3
200 Backstroke	3:05.83	3:07.60	183	04/10/15	Orpington Ojays Season Starter	Gillingham	LR150605	3
200 Individual Medley	2:58.00	3:00.20	233	05/11/16	DDSC & EDSC Fireworks Meet 2016	Bexleyheath	SE160682	3
400 Individual Medley	6:24.60	6:29.20	227	05/12/16	Saxon Crown 2016 Club Championships	Downham	LR162244	4
100 Individual Medley	1:26.02	1:26.00	188	15/11/15	Saxon Crown SC Club Championships 2015	Glass Mill	LR152247	4