

Individual Best Times (All Time)

Dawid Sroka - (1122654) - Nova Centurion SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.18	26.40	455	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
100 Freestyle	57.83	56.40	532	02/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
200 Freestyle	2:07.00	2:04.20	518	14/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
400 Freestyle	4:36.29	4:31.20	505	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1
50 Breaststroke	37.57	36.70	329	04/02/17	Nottingham ASA County Championships 2017	Nottingham	EM170341	1
100 Breaststroke	1:23.75	1:22.20	313	22/01/17	Nottingham ASA County Championships 2017	Nottingham	EM170340	1
200 Breaststroke	2:54.04	2:51.00	374	03/02/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180322	1
50 Butterfly	29.48	28.80	431	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	EM170475	1
100 Butterfly	1:07.66	1:06.50	390	18/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	EM191625	1
50 Backstroke	31.98	31.30	399	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1
100 Backstroke	1:07.93	1:06.70	438	20/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1
200 Backstroke	2:27.46	2:25.20	437	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1
200 Individual Medley	2:25.32	2:22.60	482	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
400 Individual Medley	5:38.45	5:33.20	367	05/02/17	Nottingham ASA County Championships 2017	Nottingham	EM170341	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.97	27.70	417	20/10/18	Nova Centurion October L2 SC Open Meet	Nottingham	EM180706	2
100 Freestyle	57.04	58.50	485	20/10/19	Nova Level 2 SCM October Open Meet	Harvey Hadden	EM192476	2
200 Freestyle	2:05.92	2:08.60	491	20/10/19	Nova Level 2 SCM October Open Meet	Harvey Hadden	EM192476	2
400 Freestyle	4:26.19	4:31.40	506	26/11/17	Sherwood Colliery Time Trials	Sutton-in-Ashfield	EM172580	4
1500 Freestyle	18:48.58	19:06.70	422	04/06/17	Sherwood Colliery Club Championships	Sutton in Ashfield	EM171063	4
50 Breaststroke	35.97	36.80	333	10/11/17	Sherwood Colliery Time Trials	Mansfield	EM172577	4
100 Breaststroke	1:18.31	1:19.90	351	18/11/17	Mansfield Major Oak Open Meet	Mansfield	EM171946	3
200 Breaststroke	2:59.05	3:02.00	302	22/10/16	Lincoln Vulcans L2 Short Course Open Meet	Sheffield	EM160423	2
50 Butterfly	29.07	29.70	418	20/10/19	Nova Level 2 SCM October Open Meet	Harvey Hadden	EM192476	2
100 Butterfly	1:06.35	1:07.50	373	08/10/17	Swim England National County Team Div 1 Champs	Sheffield	ENG003	2
50 Backstroke	31.18	31.80	356	24/11/17	Sherwood Colliery Time Trials	Mansfield	EM172579	4
100 Backstroke	1:06.82	1:08.00	378	19/11/17	Mansfield Major Oak Open Meet	Mansfield	EM171946	3
200 Backstroke	2:23.47	2:25.80	399	18/11/17	Mansfield Major Oak Open Meet	Mansfield	EM171946	3
200 Individual Medley	2:23.15	2:25.90	449	19/11/17	Mansfield Major Oak Open Meet	Mansfield	EM171946	3
400 Individual Medley	5:06.66	5:12.30	448	12/11/17	Sherwood Colliery Time Trials	Sutton-in-Ashfield	EM172578	4
100 Individual Medley	1:07.13	1:07.10	395	08/09/18	Sports Centre League 2018 - Division 1	Hucknall LC	EM180566	4