

# Individual Best Times (All Time)

**Anthi Tsopanagos - (1168888) - Farnham SC**

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	38.67	37.80	428	19/02/22	Surrey County Age Group Championships 2022	Stratford	LR220177	1
100 Breaststroke	1:25.56	1:24.10	421	05/02/22	Surrey County Age Group Championships 2022	Guildford	LR220176	1
200 Breaststroke	3:03.27	3:00.40	422	09/02/19	Surrey Age Group Championships 2019	London	LR190270	1
50 Butterfly	34.41	33.90	357	19/02/22	Surrey County Age Group Championships 2022	Stratford	LR220177	1
100 Butterfly	1:38.00	1:37.20	181	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Butterfly	3:35.48	3:34.00	180	18/04/15	The Bracknell Spring Level 3 Open Meet	Aldershot	SE150574	3
50 Backstroke	36.70	36.10	392	23/02/19	Surrey Age Group Championships 2019	London	LR190271	1
100 Backstroke	1:33.51	1:32.60	230	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Backstroke	3:12.71	3:11.00	260	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Individual Medley	2:56.10	2:53.80	367	18/03/18	Atlantis Regional-National Chaser Open Meet	Crawley	SE180295	1
400 Individual Medley	6:17.38	6:12.70	349	12/02/17	Surrey Age Group Championships	Guildford	LR170177	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.54	32.20	384	26/06/22	Farnham SC Club Champs 2022	Farnham	SE220841	4
100 Freestyle	1:10.09	1:11.30	368	13/06/21	Farnham	Farnham	LEX1765	0
200 Freestyle	2:30.13	2:32.40	396	29/06/19	Farnham Club Champs	Farnham	SE192027	4
400 Freestyle	5:29.47	5:33.70	346	28/10/18	Hart SC Autumn Level 3 Open Meet 2018	Hart	SE181205	3
800 Freestyle	11:40.43	11:48.70	316	19/11/17	Farnham Club Championships 2017	Farnham	SE172085	4
50 Breaststroke	37.87	38.70	420	09/12/18	Farnham BBS Sprints Trophy	Farnham	SE182568	4
100 Breaststroke	1:21.87	1:23.40	441	03/10/21	Rushmoor Royals SC Autumn L3	Aldershot	SE210852	3
200 Breaststroke	2:57.61	3:00.60	434	12/06/21	Farnham	Farnham	LEX1706	0
50 Butterfly	33.37	33.90	389	29/06/21	Farnham	Farnham	LEX2697	0
100 Butterfly	1:17.07	1:18.10	344	13/11/21	National Arena Swimming League South - Round Two	Maidenhead	SE211358	3
200 Butterfly	3:01.68	3:03.40	285	08/11/16	Farnham Club Champs	Farnham	SE162168	4
50 Backstroke	35.22	35.80	368	26/10/19	Hart SC Autumn Open Meet 2019	Hart	SE192309	3
100 Backstroke	1:17.61	1:18.60	353	20/06/21	Farnham	Farnham LC	LEX2123	0
200 Backstroke	2:49.63	2:51.60	344	27/06/21	Farnham	Farnham LC	LEX2561	0
200 Individual Medley	2:45.08	2:47.50	402	12/06/21	Farnham	Farnham	LEX1706	0
400 Individual Medley	6:00.13	6:05.00	371	27/10/18	Hart SC Autumn Level 3 Open Meet 2018	Hart	SE181205	3
100 Individual Medley	1:15.38	1:15.40	421	13/06/21	Farnham	Farnham	LEX1765	0