

Individual Best Times (All Time)

Angelos Kousounis - (1192392) - City of Norwich SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.34	25.50	500	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
100 Freestyle	59.78	58.40	481	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1
50 Butterfly	26.09	25.40	621	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Butterfly	59.91	58.60	562	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
50 Backstroke	30.44	29.80	463	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield	EM150072	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.01	25.80	523	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Freestyle	55.28	56.80	533	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
200 Freestyle	2:03.76	2:06.50	517	25/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
50 Breaststroke	36.01	36.90	332	26/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
50 Butterfly	26.23	26.90	570	27/09/14	City of Norwich SC Club Championships	Norwich	ER14145	4
100 Butterfly	59.27	1:00.50	523	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
50 Backstroke	28.28	29.00	477	02/11/14	City of Norwich Big Bang Meet	Norwich	ER14144	2