

Individual Best Times (All Time)

Naledi Seema Roca - (1218648) - Beckenham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.92	29.20	491	11/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191254	1
100 Freestyle	1:07.88	1:06.60	442	19/04/19	Beckenham Easter International Open 2019	London	LR190200	1
50 Breaststroke	41.22	40.40	354	20/01/19	Kent Swimming Championships 2019	London	SE190347	1
100 Breaststroke	1:32.88	1:31.50	329	09/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190350	1
50 Butterfly	34.27	33.70	362	23/06/19	2019 Long Course Summer Open	London	LR191494	1
50 Backstroke	40.52	40.00	291	15/04/18	N&EL L1 National Qualifying Meet	London	LR180247	1
200 Individual Medley	2:51.66	2:49.30	396	21/04/19	Beckenham Easter International Open 2019	London	LR190200	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.22	31.90	396	06/05/18	Black Lion Level 3 Spring Open Meet	Medway Park LC	SE180477	3
100 Freestyle	1:08.53	1:09.70	394	05/01/19	Kent Weald Last Chance County Qualifier	Gillingham	SE190126	3
200 Freestyle	2:30.82	2:33.10	391	05/01/19	Kent Weald Last Chance County Qualifier	Gillingham	SE190126	3
400 Freestyle	6:17.78	6:21.50	229	27/11/17	BSC Club Championships	Beckenham	LR170808	4
50 Breaststroke	40.59	41.40	341	05/01/19	Kent Weald Last Chance County Qualifier	Gillingham	SE190126	3
100 Breaststroke	1:29.25	1:30.70	341	06/01/19	Kent Weald Last Chance County Qualifier	Gillingham	SE190126	3
200 Breaststroke	3:25.44	3:28.00	281	15/10/18	Beckenham Club Championships 2018	Beckenham	LR181625	4
50 Butterfly	35.22	35.80	331	06/01/19	Kent Weald Last Chance County Qualifier	Gillingham	SE190126	3
100 Butterfly	1:22.98	1:23.90	276	26/11/18	Beckenham Club Championships 2018	Beckenham	LR181627	4
50 Backstroke	38.59	39.10	280	05/01/19	Kent Weald Last Chance County Qualifier	Gillingham	SE190126	3
100 Backstroke	1:24.00	1:25.00	279	15/10/18	Beckenham Club Championships 2018	Beckenham	LR181625	4
200 Backstroke	2:55.12	2:57.00	313	26/11/18	Beckenham Club Championships 2018	Beckenham	LR181627	4
200 Individual Medley	2:49.32	2:51.60	372	06/01/19	Kent Weald Last Chance County Qualifier	Gillingham	SE190126	3
100 Individual Medley	1:24.21	1:24.20	302	23/09/18	EDSC Super Sunday Sprint Meet 2018	Bexleyheath	LR180492	3