

Individual Best Times (All Time)

Elani Ponnampalam - (1245153) - Crystal Palace Diving Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	53.63	54.00	78	21/09/15	Beckenham Club Championships	Beckenham	LR151571	4
100 Freestyle	2:14.93	2:15.60	51	12/10/15	Beckenham Club Championships	Beckenham	LR151572	4
50 Breaststroke	1:02.74	1:03.20	92	12/10/15	Beckenham Club Championships	Beckenham	LR151572	4
100 Breaststroke	2:20.22	2:21.10	87	16/11/15	Beckenham Club Championships	Beckenham	LR151574	4
50 Backstroke	58.08	58.40	82	07/12/15	Beckenham Club Championships	Beckenham	LR151575	4