

# Individual Best Times (All Time)

Wiktorja Marcinek - (1255947) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.61	28.90	506	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:04.91	1:03.60	505	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Freestyle	2:24.52	2:22.10	476	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
400 Freestyle	5:09.41	5:04.80	440	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
800 Freestyle	10:57.82	10:49.00	400	22/01/22	Norfolk County Championships	UEA Sportspark	ER220115	1
1500 Freestyle	21:10.73	20:54.40	380	13/01/24	SE Norfolk County Championships 2024	Norwich	ER240126	1
50 Breaststroke	45.44	44.70	264	25/01/20	Norfolk County Championships 2020	Norwich	ER200473	1
100 Breaststroke	1:31.91	1:30.50	339	28/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
200 Breaststroke	3:24.96	3:22.40	302	29/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
50 Butterfly	35.99	35.50	312	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:23.89	1:23.00	289	07/08/21	British Swimming Festival of Swimming East Region	London Aquatic Centr	ER210171	1
200 Butterfly	3:08.29	3:06.60	270	04/02/23	Norfolk County Championships 2023	Norwich	ER230195	1
50 Backstroke	35.98	35.40	416	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Backstroke	1:16.94	1:15.90	413	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Backstroke	2:44.12	2:42.10	422	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Individual Medley	2:50.88	2:48.60	402	03/04/22	SE East Region Development Competition 2022	Norwich	ER220676	1
400 Individual Medley	6:06.62	6:01.80	381	27/02/22	Norfolk County Championships	UEA Sportspark	ER220116	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.54	30.20	467	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:04.41	1:05.70	474	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
200 Freestyle	2:19.95	2:22.40	489	19/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
400 Freestyle	4:57.19	5:01.90	471	24/09/23	Norwich Swan No Frills Season Starter Meet 2023	Norwich	ER231938	3
800 Freestyle	10:15.22	10:24.60	467	13/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
1500 Freestyle	19:50.62	20:07.80	443	22/09/23	Co Norwich SC Distance Meet 2023	Norwich	ER230423	3
50 Breaststroke	41.42	42.20	321	18/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
100 Breaststroke	1:28.56	1:30.00	349	19/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
200 Breaststroke	3:09.82	3:12.60	356	18/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
50 Butterfly	36.28	36.80	303	19/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	ER230012	3
100 Butterfly	1:21.04	1:22.00	296	04/12/22	Great Yarmouth SC Winter Wipeout 2022	Norwich	ER221515	3
200 Butterfly	3:00.81	3:02.60	289	18/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	ER221174	4
50 Backstroke	34.45	35.00	393	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Backstroke	1:13.32	1:14.40	419	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
200 Backstroke	2:37.57	2:39.70	430	19/03/22	West Norfolk SC Open Meet 2022	Kings Lynn	ER220087	3
200 Individual Medley	2:43.29	2:45.70	415	25/06/22	Norfolk ASA County Challenge Gala	Dereham	ER221191	3
400 Individual Medley	5:55.70	6:00.60	385	03/12/22	Great Yarmouth SC Winter Wipeout 2022	Norwich	ER221515	3
100 Individual Medley	1:16.93	1:16.90	396	25/06/23	Swim England Norfolk County Challenge 2023	Dereham	ER231032	3