

# Individual Best Times (All Time)

Konstantinos Frosynos - (1351575) - City of Brighton and Hove

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.14	31.80	271	29/09/23	Brighton SC Club Championships 2023	Prince Regent	SE231928	4
100 Freestyle	1:25.77	1:26.70	142	02/10/21	Brighton SC Club Championships 2021	Prince Regent	SE210664	4
50 Breaststroke	40.82	41.60	228	28/06/24	Brighton SC Club Championships 2024	Brighton	SE241097	4
100 Breaststroke	1:31.01	1:32.40	224	29/09/23	Brighton SC Club Championships 2023	Prince Regent	SE231928	4
200 Breaststroke	3:58.76	4:01.00	127	24/05/21	Brighton	King Alfred	LEX1388	0
50 Butterfly	35.05	35.60	238	30/06/24	Brighton SC Club Championships 2024	Brighton	SE241097	4
100 Butterfly	2:09.93	2:10.50	49	15/11/19	Brighton Club Championships	Prince Regent	SE191678	4
50 Backstroke	49.24	49.60	90	30/09/19	Brighton Club Championships	Prince Regent	SE191675	4
100 Backstroke	1:48.86	1:49.60	87	23/09/19	Brighton Club Championships	Prince Regent	SE191674	4
200 Backstroke	3:30.39	3:32.00	126	20/12/20	Brighton	Prince Regent	LEX953	0
100 Individual Medley	1:27.88	1:27.90	176	30/09/22	Brighton SC Club Championships	Prince Regent	SE221626	4