

Individual Best Times (All Time)

Penny Aidoo - (1397463) - Beckenham SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.33	36.90	251	05/11/23	Dartford & DSC & Erith & DSC Fireworks Meet 2023	Crook Log LC	LR230783	3
100 Freestyle	1:25.67	1:26.60	201	06/12/23	Beckenham SC Club Championships Autumn 2023	Beckenham	LR232407	4
50 Breaststroke	52.16	52.80	160	08/11/23	Beckenham SC Club Championships Autumn 2023	Beckenham	LR232406	4
100 Breaststroke	1:51.14	1:52.30	176	02/03/24	Orpington Ojays & Erith & District Spring Meet 24	Crook Lodge	LR240078	3
50 Butterfly	41.31	41.80	205	02/03/24	Orpington Ojays & Erith & District Spring Meet 24	Crook Lodge	LR240078	3
100 Butterfly	1:56.50	1:57.20	99	14/06/23	Beckenham SC Club Championships 2023	Beckenham	LR230473	4
50 Backstroke	46.79	47.20	157	24/09/23	Erith & District SC Super Sunday Sprint Meet 2023	Crook Log LC	LR230508	3
100 Individual Medley	1:37.31	1:37.30	195	16/07/23	Bexley's Summer Sizzler 2023	Bexleyheath	LR230606	3