

Individual Best Times (All Time)

Saskia Molyneux - (1410213) - Bristol Penguin Olympic SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.46	30.80	422	12/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1
100 Freestyle	1:09.36	1:08.10	414	16/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
50 Breaststroke	34.85	33.90	585	04/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
100 Breaststroke	1:18.40	1:16.80	547	11/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
200 Breaststroke	2:54.38	2:51.30	490	11/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield	SW240605	1
50 Butterfly	32.07	31.50	442	06/05/24	SE SWR Summer Championships 2024	Plymouth	SW240588	1
50 Backstroke	36.56	36.00	396	12/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea	WL230125	1
200 Individual Medley	2:53.39	2:51.10	384	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.67	30.40	461	29/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
100 Freestyle	1:08.21	1:09.40	399	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
200 Freestyle	2:34.89	2:37.10	361	30/10/22	City Of Bristol Halloween Spooktacular 2022	Hengrove Park	SW221936	3
50 Breaststroke	34.57	35.50	552	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Breaststroke	1:17.88	1:19.50	513	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
200 Breaststroke	2:51.57	2:54.60	482	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
50 Butterfly	31.74	32.30	453	25/11/23	Bristol Penguins & Keynsham Autumn Sprint Meet 23	Bristol	SW232177	3
100 Butterfly	1:26.94	1:27.80	240	31/10/21	City of Bristol Early Bird Meet	Bristol	SW210406	3
50 Backstroke	34.04	34.60	408	29/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
100 Backstroke	1:21.22	1:22.20	308	29/10/22	City Of Bristol Halloween Spooktacular 2022	Hengrove Park	SW221936	3
200 Individual Medley	2:42.37	2:44.80	422	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
400 Individual Medley	5:54.43	5:59.40	389	29/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3
100 Individual Medley	1:13.54	1:13.50	453	28/10/23	City of Bristol L3 Halloween Spooktacular 2023	Bristol	SW231727	3