

Individual Best Times (All Time)

Nandini Kapoor - (1413200) - Preston Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.04	29.30	485	31/03/24	Liverpool National Qualifier Meet 2024	Liverpool	NW240301	1
100 Freestyle	1:07.67	1:06.40	446	30/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220240	1
200 Freestyle	2:30.33	2:28.00	423	06/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220241	1
200 Breaststroke	3:33.79	3:31.30	266	12/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200180	1
200 Individual Medley	2:52.06	2:49.70	393	22/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220239	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.70	30.40	460	01/10/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231624	2
100 Freestyle	1:05.25	1:06.50	456	11/12/22	North West Arena Premier Division A - Final 2022	Blackpool	NW222515	3
200 Freestyle	2:22.42	2:24.80	464	24/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
400 Freestyle	5:09.70	5:14.20	416	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	NW231623	2
50 Breaststroke	40.34	41.10	347	20/11/22	Blackpool Lights 2022	Palatine LC	NW221182	3
100 Breaststroke	1:27.28	1:28.70	364	06/11/22	Preston SC Club CHampionships 2022	Preston	NW222186	4
200 Breaststroke	3:07.66	3:10.50	368	25/06/23	Preston SC Summer Spectacular Meet 2023	Darwen	NW230702	3
50 Butterfly	34.58	35.10	350	19/11/22	Blackpool Lights 2022	Palatine LC	NW221182	3
50 Backstroke	36.75	37.30	324	16/07/22	North Lancs S&WPA 1 Day Sprint Meet	Blackpool	NW221306	3
100 Backstroke	1:17.79	1:18.80	351	15/10/22	North Lancs S&WPA Level 2 Meet	Blackpool	NW221655	2
200 Backstroke	2:51.00	2:52.90	336	20/11/21	Blackpool Lights 2021	Blackpool	NW210319	3
200 Individual Medley	2:46.33	2:48.70	393	19/11/22	Blackpool Lights 2022	Palatine LC	NW221182	3
100 Individual Medley	1:17.47	1:17.50	388	16/07/22	North Lancs S&WPA 1 Day Sprint Meet	Blackpool	NW221306	3