

# Individual Best Times (All Time)

Julia Kowalczuk - (1472675) - Royal Tunbridge Wells Monson SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.87	31.20	406	07/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3
100 Freestyle	1:09.30	1:08.10	415	07/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3
200 Freestyle	2:33.50	2:31.20	397	07/01/23	Crawley Speedo New Year LC L3 Gala 2023	Crawley	SE230183	3
50 Butterfly	33.83	33.30	376	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
100 Butterfly	1:18.04	1:17.10	359	26/02/23	Kent Swimming Championships 2023	Stratford	LR230204	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.69	31.40	417	25/11/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232486	4
100 Freestyle	1:05.21	1:06.50	457	10/06/23	Crawley Summer Splash L3 Gala 2023	Crawley	SE231137	3
200 Freestyle	2:26.80	2:29.10	424	26/11/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232486	4
400 Freestyle	5:11.32	5:15.80	410	01/07/23	RTW Monson SC Summer Splash 2023	Tunbridge Wells	SE230389	3
800 Freestyle	10:27.65	10:36.80	440	14/11/23	RTW Monson Club Champs 2023 "Long Distance"	Tonbridge	SE232488	3
1500 Freestyle	20:54.54	21:10.90	379	12/12/23	RTW Monson Club Champs 2023 "Long Distance"	Tonbridge	SE232489	3
50 Breaststroke	43.18	43.90	283	03/12/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232487	4
100 Breaststroke	1:38.67	1:39.90	252	03/04/22	RTW Monson Regional Qualifier 2022	Tunbridge Wells	SE220601	3
200 Breaststroke	3:22.03	3:24.60	295	04/12/21	RTW Monson Club Championships 2021	Tunbridge Wells	SE211350	4
50 Butterfly	32.26	32.80	431	10/06/23	Crawley Summer Splash L3 Gala 2023	Crawley	SE231137	3
100 Butterfly	1:16.55	1:17.50	352	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Butterfly	2:56.64	2:58.40	310	02/07/22	RTW Monson SC Summer Splash Open Gala	Tunbridge Wells	SE221423	3
50 Backstroke	36.63	37.20	327	28/11/21	RTW Monson Club Championships 2021	Tunbridge Wells	SE211349	4
100 Backstroke	1:21.33	1:22.30	307	02/12/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232487	4
200 Backstroke	2:48.67	2:50.60	350	25/11/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232486	4
200 Individual Medley	2:43.00	2:45.40	417	10/06/23	Crawley Summer Splash L3 Gala 2023	Crawley	SE231137	3
400 Individual Medley	5:57.84	6:02.70	378	03/07/22	RTW Monson SC Summer Splash Open Gala	Tunbridge Wells	SE221423	3
100 Individual Medley	1:18.38	1:18.40	374	03/12/23	RTW Monson Club Championships 2023	Tunbridge Wells	SE232487	4