

Individual Best Times (All Time)

Adele Colangelo - (1478566) - Bristol Penguin Olympic SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.08	32.40	363	14/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230116	1
100 Freestyle	1:15.16	1:14.00	325	16/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
50 Breaststroke	42.19	41.40	330	24/04/22	Swim England South West Region Championships 2022	Millfield	SW220567	1
100 Breaststroke	1:31.78	1:30.40	341	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
200 Breaststroke	3:19.75	3:17.10	326	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240062	1
50 Butterfly	35.34	34.80	330	13/01/24	Gloucester County ASA Swimming Championships 2024	Bristol	SW240061	1
50 Backstroke	39.83	39.30	306	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol	SW230117	1
100 Backstroke	1:30.75	1:29.90	252	02/02/22	Gloucester County Championships 2022 Heats	Hengrove LC	SW220072	4

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.94	32.60	370	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Freestyle	1:14.07	1:15.20	312	10/06/23	Keynsham & Bristol Penguins Summer Championships	Bristol	SW231068	4
200 Freestyle	2:59.56	3:01.50	231	10/04/22	Yeovil & District SC Easter Open Meet 2022	Somerset	SW220384	3
50 Breaststroke	40.28	41.10	349	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Breaststroke	1:26.36	1:27.80	376	09/12/23	National Arena Swimming League Western 2023 Gala 2	Newport	SW232345	4
200 Breaststroke	3:14.19	3:16.90	332	26/03/23	City of Wells Open Meet 2023	Street	SW230317	3
50 Butterfly	34.64	35.20	348	09/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
100 Butterfly	1:23.68	1:24.60	269	08/06/24	Bristol Penguins & Keynsham Summer Champs 2024	Bristol	SW241032	3
50 Backstroke	39.19	39.70	267	17/11/22	Bristol Henleaze SC Club Championships 2022	Bristol	SW222189	4
100 Backstroke	1:25.64	1:26.60	263	26/03/23	City of Wells Open Meet 2023	Street	SW230317	3
200 Individual Medley	3:01.02	3:03.20	305	10/06/23	Keynsham & Bristol Penguins Summer Championships	Bristol	SW231068	4
100 Individual Medley	1:19.80	1:19.80	355	09/03/24	Keynsham SC & Bristol Penguin Spring Open Meet	Weston Super Mare	SW240472	3