

Individual Best Times (All Time)

Milana Melinyte - (1479797) - West Norfolk Swimming Club

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|---------|----------|-------|
| 50 Freestyle | 35.87 | 35.30 | 285 | 28/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 100 Freestyle | 1:19.58 | 1:18.50 | 274 | 03/02/24 | SE Norfolk County Championships 2024 | Norwich | ER240128 | 1 |
| 200 Freestyle | 2:58.14 | 2:56.20 | 254 | 03/03/24 | City of Norwich March LC Open Meet 2024 | Norwich | ER240009 | 3 |
| 400 Freestyle | 6:37.89 | 6:34.30 | 207 | 02/03/24 | City of Norwich March LC Open Meet 2024 | Norwich | ER240009 | 3 |
| 50 Breaststroke | 46.69 | 46.00 | 243 | 28/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 100 Breaststroke | 1:43.85 | 1:42.60 | 235 | 27/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 200 Breaststroke | 3:46.95 | 3:44.60 | 222 | 28/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 50 Butterfly | 41.54 | 41.10 | 203 | 27/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 100 Butterfly | 1:35.33 | 1:34.50 | 197 | 04/02/24 | SE Norfolk County Championships 2024 | Norwich | ER240128 | 1 |
| 50 Backstroke | 41.16 | 40.70 | 277 | 27/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 100 Backstroke | 1:27.13 | 1:26.20 | 284 | 03/02/24 | SE Norfolk County Championships 2024 | Norwich | ER240128 | 1 |
| 200 Backstroke | 3:07.93 | 3:06.10 | 281 | 04/02/24 | SE Norfolk County Championships 2024 | Norwich | ER240128 | 1 |
| 200 Individual Medley | 3:16.37 | 3:14.30 | 264 | 28/01/24 | SE Norfolk County Championships 2024 | Norwich | ER240127 | 1 |
| 400 Individual Medley | 7:08.33 | 7:04.20 | 239 | 02/03/24 | City of Norwich March LC Open Meet 2024 | Norwich | ER240009 | 3 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle | 36.51 | 37.10 | 247 | 02/12/23 | City of Peterborough Winter Meet 2023 | Peterborough | ER231945 | 3 |
| 100 Freestyle | 1:20.43 | 1:21.50 | 243 | 16/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 200 Freestyle | 3:02.13 | 3:04.00 | 222 | 03/12/23 | City of Peterborough Winter Meet 2023 | Peterborough | ER231945 | 3 |
| 50 Breaststroke | 47.47 | 48.10 | 213 | 16/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 100 Breaststroke | 1:47.63 | 1:48.80 | 194 | 17/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 200 Breaststroke | 3:44.64 | 3:47.00 | 214 | 16/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 50 Butterfly | 40.75 | 41.20 | 214 | 17/03/24 | West Norfolk Open Meet 2024 | King's Lynn | ER240029 | 3 |
| 100 Butterfly | 1:40.37 | 1:41.10 | 156 | 03/12/23 | City of Peterborough Winter Meet 2023 | Peterborough | ER231945 | 3 |
| 200 Butterfly | 3:40.90 | 3:42.30 | 158 | 25/02/24 | SE Norfolk Warwick Thompson Memorial Gala 2024 | Thetford | ER240454 | 3 |
| 50 Backstroke | 41.85 | 42.30 | 219 | 01/10/23 | Dereham and District ASC Icen Open 2023 | Dereham | ER230657 | 3 |
| 100 Backstroke | 1:29.27 | 1:30.20 | 232 | 30/09/23 | Dereham and District ASC Icen Open 2023 | Dereham | ER230657 | 3 |
| 200 Backstroke | 3:08.26 | 3:10.00 | 252 | 03/12/23 | City of Peterborough Winter Meet 2023 | Peterborough | ER231945 | 3 |
| 200 Individual Medley | 3:17.68 | 3:19.70 | 234 | 25/03/23 | Norwich Swan Open Meet 2023 | Norwich | ER230288 | 3 |
| 100 Individual Medley | 1:34.44 | 1:34.40 | 214 | 21/01/23 | SE Cambridgeshire County Championships 2023 | Cambridge | ER230046 | 2 |