

Individual Best Times (All Time)

Amelia Synowiec - (1483304) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.48	30.80	421	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Freestyle	1:09.95	1:08.70	403	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
200 Freestyle	2:47.73	2:45.60	304	25/06/23	City of Leeds Summer Meet 2023	Leeds	NE230115	3
400 Freestyle	5:37.55	5:33.40	339	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
50 Breaststroke	46.67	46.00	243	27/01/24	Rotherham Metro 'A' & 'B' Grade LC Meet 2024	Sheffield	NE240018	3
100 Breaststroke	1:38.66	1:37.40	274	24/06/23	City of Leeds Summer Meet 2023	Leeds	NE230115	3
200 Breaststroke	3:29.40	3:26.90	283	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
50 Butterfly	32.83	32.20	412	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
100 Butterfly	1:18.86	1:17.90	348	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
50 Backstroke	38.17	37.60	348	05/05/24	City of Swansea Aquatics MAY LC Open Meet 2024	Swansea	WL240501	1
100 Backstroke	1:21.85	1:20.90	343	14/04/24	City of Leeds National Qualifier 2024	Leeds	NE240117	1
200 Individual Medley	2:54.12	2:51.80	380	22/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3
400 Individual Medley	6:11.44	6:06.70	366	23/06/24	City of Leeds Summer Meet 2024	Leeds	NE240116	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.75	32.40	376	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:09.71	1:10.90	374	16/06/24	Wrexham Cath Ankers Meet 2024	Wrexham	WL240778	3
200 Freestyle	2:44.35	2:46.50	302	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
400 Freestyle	5:30.85	5:35.10	341	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
800 Freestyle	12:43.33	12:50.90	244	10/02/23	Swim Wales North Regional Championships 2023	Llandudno	WL230661	2
50 Breaststroke	45.32	46.00	245	19/03/23	Swim Conwy Spring Meet 2023	Llandudno	WL230458	3
100 Breaststroke	1:34.70	1:36.00	285	24/09/23	Swim Conwy Closed Invitational Meet 2023	Llandudno	WL231998	3
200 Breaststroke	3:13.89	3:16.60	334	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
50 Butterfly	32.65	33.20	416	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Butterfly	1:14.24	1:15.30	385	16/06/24	Wrexham Cath Ankers Meet 2024	Wrexham	WL240778	3
50 Backstroke	36.04	36.60	343	24/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Backstroke	1:16.80	1:17.80	365	16/06/24	Wrexham Cath Ankers Meet 2024	Wrexham	WL240778	3
200 Backstroke	3:38.29	3:39.80	161	26/02/22	Swim Conwy Spring Gala	Llandudno	WL220234	3
200 Individual Medley	2:48.30	2:50.60	379	16/06/24	Wrexham Cath Ankers Meet 2024	Wrexham	WL240778	3
400 Individual Medley	6:12.48	6:17.20	335	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Individual Medley	1:31.82	1:31.80	233	12/06/22	Wrexham Swimming Club Cath Ankers Meet 2022	Wrexham	WL221393	3