

Individual Best Times (All Time)

Jakub Kowalczyk - (1582332) - Hinckley SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|----------------|---------|-----------------|-----------|----------|---|-------|----------|-------|
| 50 Freestyle | 33.00 | 32.40 | 254 | 24/03/24 | Corby ASC Annual LC Open Meet 2024 | Corby | EM240206 | 3 |
| 100 Freestyle | 1:10.86 | 1:09.70 | 289 | 24/03/24 | Corby ASC Annual LC Open Meet 2024 | Corby | EM240206 | 3 |
| 200 Freestyle | 2:39.13 | 2:36.90 | 263 | 23/04/23 | East Midlands Regional LC Championships 2023 | Corby | EM230741 | 1 |
| 50 Butterfly | 37.57 | 37.10 | 208 | 24/03/24 | Corby ASC Annual LC Open Meet 2024 | Corby | EM240206 | 3 |
| 100 Backstroke | 1:17.12 | 1:16.10 | 299 | 21/04/24 | SE East Midlands Regional LC Championships 2024 | Corby | EM240622 | 1 |
| 200 Backstroke | 2:42.06 | 2:40.00 | 329 | 04/05/24 | SE East Midlands Regional LC Championships 2024 | Derby | EM240623 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-------------|----------|-------|
| 50 Freestyle | 31.19 | 31.90 | 270 | 04/02/24 | Leicestershire County Age Groups & Champs 2024 | Hinckley LC | EM240051 | 2 |
| 100 Freestyle | 1:06.36 | 1:07.60 | 308 | 19/05/24 | Hinckley SC Open Meet 2024 | Hinckley | EM240488 | 3 |
| 200 Freestyle | 2:20.41 | 2:22.90 | 354 | 16/06/24 | Hinckley SC Time Trial June 2024 | Hinckley | EM240982 | 4 |
| 400 Freestyle | 5:48.86 | 5:52.90 | 225 | 02/10/22 | Hinckley Swimming Club Championships 2022 | Hinckley | EM221912 | 4 |
| 50 Breaststroke | 47.08 | 47.70 | 148 | 17/12/23 | Hinckley SC Last Chance Saloon 2023 | Hinckley | EM232282 | 4 |
| 100 Breaststroke | 1:39.22 | 1:40.50 | 172 | 16/06/24 | Hinckley SC Time Trial June 2024 | Hinckley | EM240982 | 4 |
| 200 Breaststroke | 3:30.05 | 3:32.60 | 187 | 19/05/24 | Hinckley SC Open Meet 2024 | Hinckley | EM240488 | 3 |
| 50 Butterfly | 35.39 | 35.90 | 232 | 27/01/24 | Leicestershire County Age Groups & Champs 2024 | Hinckley LC | EM240050 | 2 |
| 100 Butterfly | 1:25.59 | 1:26.50 | 173 | 17/12/23 | Hinckley SC Last Chance Saloon 2023 | Hinckley | EM232282 | 4 |
| 50 Backstroke | 34.11 | 34.70 | 272 | 16/06/24 | Hinckley SC Time Trial June 2024 | Hinckley | EM240982 | 4 |
| 100 Backstroke | 1:12.85 | 1:13.90 | 291 | 03/02/24 | Leicestershire County Age Groups & Champs 2024 | Hinckley LC | EM240051 | 2 |
| 200 Backstroke | 2:34.57 | 2:36.70 | 319 | 18/05/24 | Hinckley SC Open Meet 2024 | Hinckley | EM240488 | 3 |
| 200 Individual Medley | 2:50.96 | 2:53.30 | 263 | 27/01/24 | Leicestershire County Age Groups & Champs 2024 | Hinckley LC | EM240050 | 2 |
| 100 Individual Medley | 1:18.70 | 1:18.70 | 245 | 29/06/24 | Leicester Sharks CSC Summer Splash 2024 | Nuneaton | EM240659 | 3 |