

Individual Best Times (All Time)

Carmen Mgbadiefe - (1590922) - Poole SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.63	27.90	560	21/04/24	SE SWR Summer Championships 2024	Bristol	SW240586	1
100 Freestyle	1:04.97	1:03.70	504	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
200 Freestyle	2:24.56	2:22.10	475	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
50 Breaststroke	40.64	39.90	369	24/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
100 Breaststroke	1:34.86	1:33.50	308	16/12/23	Winchester Winter Sparkler 2023	Winchester	SE232492	3
200 Breaststroke	3:42.73	3:40.30	235	30/07/22	Winchester City Penguins Summer Scorcher 2022	Winchester	SE221270	3
50 Butterfly	32.21	31.60	436	27/04/24	SE SWR Summer Championships 2024	Millfield	SW240587	1
50 Backstroke	36.05	35.50	413	23/07/23	Winchester City Penguins Summer Scorcher 2023	Winchester	SE231199	3
200 Individual Medley	2:56.37	2:54.10	365	23/07/23	Winchester City Penguins Summer Scorcher 2023	Winchester	SE231199	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.31	29.00	531	26/05/24	Poole Swimming Club Champs 2024	Poole	SW240907	4
100 Freestyle	1:03.86	1:05.20	487	23/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
200 Freestyle	2:17.94	2:20.40	511	22/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
400 Freestyle	5:03.30	5:07.90	443	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
800 Freestyle	10:44.96	10:53.90	405	28/01/24	Dorset County 2024 Championships & AG Competition	Dorchester	SW240065	2
50 Breaststroke	39.81	40.60	361	17/03/24	Swim Bournemouth Regional Prep' L2 Open Meet	Bournemouth	SW240250	2
100 Breaststroke	1:28.38	1:29.80	351	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
200 Breaststroke	3:15.14	3:17.80	327	22/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
50 Butterfly	32.95	33.50	405	26/05/24	Poole Swimming Club Champs 2024	Poole	SW240907	4
100 Butterfly	1:23.01	1:23.90	276	01/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
50 Backstroke	35.20	35.80	369	19/11/23	Guildford City L2 Winter Open Meet 2023	Surrey Sports Park	SE231403	2
100 Backstroke	1:20.64	1:21.60	315	02/04/23	Seagulls Spring Level 3 Meet 2023	Dorchester	SW230383	3
200 Backstroke	2:52.60	2:54.50	327	23/06/24	Poole Swimming Club Champs 2024	Poole	SW240908	4
200 Individual Medley	2:45.31	2:47.70	400	02/06/24	West Dorset Whitsun Wave L3 2024	Dorchester	SW240672	3
100 Individual Medley	1:15.28	1:15.30	422	21/01/24	Dorset County 2024 Championships & AG Competition	Littledown	SW240064	2