

Individual Best Times (All Time)

Szymon Grynczel - (1591060) - Staines Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.47	29.80	323	17/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
200 Breaststroke	3:16.60	3:13.90	259	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3
50 Backstroke	36.30	35.70	273	16/03/24	Bracknell & Wokingham Regional Qualifier Meet 2024	Aldershot	SE240043	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.25	30.00	327	28/10/23	City of Oxford SC Halloween Meet 2023	Leys LC	SE231696	3
100 Freestyle	1:07.84	1:09.10	288	18/06/23	Staines SC Club Champs 2023	St George's Ascot	SE231365	4
200 Freestyle	2:47.02	2:49.10	210	13/06/22	Staines SC Club Championships	Spellthorne LC	SE221194	4
400 Freestyle	5:45.79	5:49.80	231	05/03/23	Ealing SC Regional Qualifier Meet 2023	Northolt	LR230112	3
800 Freestyle	11:32.41	11:40.70	262	19/11/23	Staines SC Distance Club Champs 2023	Ascot	SE232410	4
50 Breaststroke	38.41	39.20	274	08/10/23	Epsom District Autumn Open Meet 2023	Epsom	SE231142	3
100 Breaststroke	1:24.60	1:26.10	278	09/06/24	Hillingdon SC GoCardless Summer Open Meet 2024	Uxbridge	LR240861	3
200 Breaststroke	3:23.33	3:25.90	206	22/05/22	MCASA Middlesex May Open	Southbury Road	LR220806	3
50 Butterfly	36.13	36.70	218	09/06/24	Hillingdon SC GoCardless Summer Open Meet 2024	Uxbridge	LR240861	3
50 Backstroke	33.16	33.80	296	09/06/24	Hillingdon SC GoCardless Summer Open Meet 2024	Uxbridge	LR240861	3
100 Backstroke	1:23.41	1:24.40	194	18/06/23	Staines SC Club Champs 2023	St George's Ascot	SE231365	4
200 Backstroke	3:06.10	3:07.90	182	13/06/22	Staines SC Club Championships	Spellthorne LC	SE221194	4
200 Individual Medley	2:59.35	3:01.50	228	08/10/23	Epsom District Autumn Open Meet 2023	Epsom	SE231142	3
100 Individual Medley	1:31.10	1:31.10	158	24/04/22	Staines SC Splash and Dash	Spellthorne	SE220611	4