

Individual Best Times (All Time)

Ava Panayiotou - (1610613) - Epsom District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.92	36.30	261	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
100 Freestyle	1:22.95	1:21.90	242	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Backstroke	43.75	43.30	231	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.39	35.00	296	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Freestyle	1:17.87	1:18.90	268	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
200 Freestyle	2:58.19	3:00.10	237	08/10/23	Epsom District Autumn Open Meet 2023	Epsom	SE231142	3
50 Breaststroke	50.24	50.90	180	07/10/23	Epsom District Autumn Open Meet 2023	Epsom	SE231142	3
100 Breaststroke	1:59.67	2:00.70	141	21/10/22	EDSC Autumn Club Championships 2022	Rainbow Centre,Epsom	SE221923	4
50 Butterfly	44.45	44.90	165	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
50 Backstroke	39.35	39.90	264	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
100 Backstroke	1:28.67	1:29.60	237	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
200 Backstroke	3:16.16	3:17.90	222	14/01/24	Kingston Royals New Year County Qualifier Meet 202	Walton-on-Thames	LR240112	3
100 Individual Medley	1:30.72	1:30.70	241	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3