

# Individual Best Times (All Time)

Tsvetina Sinapova - (1620722) - Thetford Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.94	31.30	403	12/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
100 Freestyle	1:09.43	1:08.20	413	11/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Freestyle	2:38.76	2:36.60	359	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
400 Freestyle	5:37.71	5:33.50	338	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Breaststroke	43.36	42.60	304	06/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
100 Breaststroke	1:40.28	1:39.00	261	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Breaststroke	3:34.41	3:31.90	264	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
50 Butterfly	37.42	36.90	278	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:23.29	1:22.40	295	06/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
50 Backstroke	37.77	37.20	359	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Backstroke	1:19.29	1:18.30	377	12/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Backstroke	3:08.38	3:06.60	279	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Individual Medley	2:58.31	2:56.10	353	06/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.32	33.00	357	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:09.15	1:10.40	383	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	2:34.35	2:36.60	365	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
400 Freestyle	5:48.83	5:52.80	291	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
800 Freestyle	12:45.22	12:52.80	242	15/09/23	Co Norwich SC Distance Meet 2023	Norwich	ER230422	3
50 Breaststroke	42.45	43.20	298	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Breaststroke	1:36.32	1:37.60	271	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
200 Breaststroke	3:40.57	3:43.00	227	09/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
50 Butterfly	38.18	38.70	260	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
100 Butterfly	1:25.81	1:26.70	249	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Butterfly	3:43.98	3:45.40	152	02/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231223	4
50 Backstroke	36.77	37.30	323	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Backstroke	1:24.69	1:25.60	272	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
200 Backstroke	3:13.52	3:15.20	232	12/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
200 Individual Medley	2:58.05	3:00.30	320	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:25.47	1:25.50	289	14/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4