

Individual Best Times (All Time)

Agata Abramova - (1628120) - Caerphilly County Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.85	30.20	448	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
100 Freestyle	1:08.32	1:07.10	433	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
200 Freestyle	2:31.53	2:29.20	413	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
400 Freestyle	5:23.99	5:19.60	383	13/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
50 Breaststroke	42.27	41.50	328	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
100 Breaststroke	1:32.55	1:31.20	332	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
100 Backstroke	1:22.16	1:21.20	339	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1
200 Individual Medley	2:53.65	2:51.40	383	14/04/24	Cardiff International Open Meet 2024	Cardiff	WL240160	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.39	32.00	389	12/02/23	South East Wales Regional Championships	Newport	WL230671	2
100 Freestyle	1:06.35	1:07.60	434	17/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
200 Freestyle	2:22.82	2:25.20	460	15/12/23	Swim Wales Winter Championships 2023	Swansea	WL232016	2
400 Freestyle	5:07.96	5:12.50	423	18/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
50 Breaststroke	41.53	42.30	318	11/02/23	South East Wales Regional Championships	Newport	WL230671	2
100 Breaststroke	1:29.79	1:31.20	334	21/10/23	Greater Gwent Fast Water Open Meet 2023	Newport	WL232006	2
200 Breaststroke	3:17.38	3:20.00	316	18/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
100 Butterfly	1:23.37	1:24.30	272	08/10/23	Caerphilly SCC & Merthyr Tydfil SC Club Champs 23	Rhondda	WL232001	3
100 Backstroke	1:19.33	1:20.30	331	08/10/23	Caerphilly SCC & Merthyr Tydfil SC Club Champs 23	Rhondda	WL232001	3
200 Individual Medley	2:48.15	2:50.50	380	18/11/23	City of Cardiff Welsh Capital Open Meet 2023	Cardiff	WL232009	3
100 Individual Medley	1:21.91	1:21.90	328	04/11/23	Torfaen Dolphins Spooktacular 2023	Torfaen	WL232330	3