

Individual Best Times (All Time)

Emmelia Mourouzidou - (1659634) - Sevenoaks SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Backstroke	43.17	42.70	240	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
100 Backstroke	1:32.57	1:31.70	237	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.95	34.60	308	07/01/24	5th Kent Weald Last Chance County Qualifier 2024	Gillingham	SE240093	3
100 Freestyle	1:14.17	1:15.30	310	07/01/24	5th Kent Weald Last Chance County Qualifier 2024	Gillingham	SE240093	3
400 Freestyle	5:53.85	5:57.80	279	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Breaststroke	1:01.51	1:02.00	98	09/10/22	Basildon & Phoenix SC Autumn Sprint Meet 2022	Basildon	ER221640	3
50 Butterfly	50.46	50.80	112	09/10/22	Basildon & Phoenix SC Autumn Sprint Meet 2022	Basildon	ER221640	3
50 Backstroke	38.55	39.10	281	06/01/24	5th Kent Weald Last Chance County Qualifier 2024	Gillingham	SE240093	3
100 Backstroke	1:22.67	1:23.60	292	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	3:18.32	3:20.30	231	18/11/23	Maidstone Level 3 Winter Qualifier 2023	Maidstone	SE230793	3
100 Individual Medley	1:35.83	1:35.80	205	18/05/24	Sevenoaks SC Sprint into Spring 2024	Sevenoaks	SE240764	4