

Individual Best Times (All Time)

Simona Kostadinova - (1667829) - Sutton & Cheam SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.51	29.80	463	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
100 Freestyle	1:09.17	1:07.90	417	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
200 Freestyle	2:39.15	2:36.90	356	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
50 Breaststroke	45.84	45.10	257	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Butterfly	32.18	31.60	437	02/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
100 Butterfly	1:27.25	1:26.40	257	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3
50 Backstroke	39.13	38.60	323	01/06/24	Wandsworth SC Summer Meet 2024	Crawley	LR241043	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.26	30.90	435	14/01/24	Brighton SC Tom Handley Open Meet 2024	Prince Regent	SE240042	3
100 Freestyle	1:08.61	1:09.80	392	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
200 Freestyle	2:33.37	2:35.60	372	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
50 Breaststroke	44.04	44.80	267	26/11/23	London Borough of Sutton Annual Swim Champs 2023	Carshalton	LR232228	4
50 Butterfly	32.59	33.20	418	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Butterfly	1:16.68	1:17.70	350	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
50 Backstroke	39.43	39.90	262	17/12/23	Sutton & Cheam Stana's Splash & Dash 2023	Carshalton	LR232241	4
200 Individual Medley	2:54.79	2:57.00	338	22/06/24	Sutton & Cheam Summertime Splash 2024	Carshalton, Surrey	LR241283	3
100 Individual Medley	1:18.27	1:18.30	376	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3