

# Individual Best Times (All Time)

Rania Pikoulas - (1699327) - Ramsbottom SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.19	38.70	218	11/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
50 Breaststroke	49.73	49.10	201	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Breaststroke	1:52.61	1:51.50	184	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
200 Breaststroke	3:56.03	3:53.80	197	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
50 Backstroke	45.44	45.00	206	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.37	37.90	231	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
100 Freestyle	1:28.48	1:29.40	183	22/06/24	Ramsbottom Summer Splash Meet 2024	Bury	NW240913	3
200 Freestyle	3:14.88	3:16.70	181	23/06/24	Ramsbottom Summer Splash Meet 2024	Bury	NW240913	3
50 Breaststroke	49.17	49.80	192	23/06/24	Ramsbottom Summer Splash Meet 2024	Bury	NW240913	3
100 Breaststroke	1:47.56	1:48.70	194	03/03/24	City of Salford Spring Meet 2024	Salford	NW240303	3
200 Breaststroke	3:52.11	3:54.40	194	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
50 Butterfly	53.63	54.00	93	16/03/24	Ramsbottom Level 4 Development Gala 2024	Bury	NW240702	4
50 Backstroke	44.44	44.90	183	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
100 Backstroke	1:37.55	1:38.40	178	23/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3
200 Backstroke	3:26.82	3:28.40	190	22/06/24	Ramsbottom Summer Splash Meet 2024	Bury	NW240913	3
100 Individual Medley	1:39.22	1:39.20	184	24/03/24	BCM SWPA Spring Meet 2024	Wigan	NW240300	3