

# Individual Best Times (All Time)

Louisa Zolkiewski - (210726) - Trafford Metro Bor SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.84	27.10	609	10/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
100 Freestyle	1:02.63	1:01.30	562	16/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
200 Freestyle	2:32.48	2:30.20	405	10/10/09	Borough of Stockton Open	Leeds	NE9300	1
50 Butterfly	29.70	29.10	556	16/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
100 Butterfly	1:06.95	1:05.80	569	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
50 Backstroke	31.76	31.10	604	19/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield	NE220242	1
100 Backstroke	1:10.49	1:09.30	537	16/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield	NE200500	1
200 Backstroke	2:49.65	2:47.70	382	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	BUC005	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.83	27.60	624	15/12/18	SE Winter Championships 2018	Sheffield	ENG012	2
100 Freestyle	59.39	1:00.80	605	28/01/24	Cheshire County Championships 2024	Macclesfield	NW240308	2
200 Freestyle	2:21.99	2:24.40	468	10/05/08	Manchester & Distict Chps	Salford	NW8215	2
50 Breaststroke	43.44	44.20	278	20/09/15	Trafford Metro 2015 Point Score Club Champs	Sale	NW150666	4
50 Butterfly	28.43	29.10	630	03/02/24	Cheshire County Championships 2024	Macclesfield	NW240309	2
100 Butterfly	1:02.86	1:04.10	635	28/01/24	Cheshire County Championships 2024	Macclesfield	NW240308	2
200 Butterfly	2:35.25	2:37.30	457	25/06/23	Trafford MBSC Club Championships 2023	Sale	NW230811	4
50 Backstroke	30.64	31.30	559	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield	NE193130	2
100 Backstroke	1:04.95	1:06.20	603	21/01/24	Cheshire County Championships 2024	Macclesfield	NW240307	2
200 Backstroke	2:36.87	2:39.00	435	13/07/14	Trafford Metropolitan Borough Club Champs	Sale	NW4751	4
200 Individual Medley	2:34.82	2:37.30	487	16/10/10	Manchester & District	Manchester	NW0441	3
100 Individual Medley	1:12.30	1:12.30	477	09/01/10	Bolton & Manchester AG Champs	Manchester	NW0108	3