

Individual Best Times (All Time)

Elena Kent - (404185) - East Grinstead Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.13	28.40	532	12/02/17	Sussex County Championships & Age Group Comp	Crawley	SE170353	1
100 Freestyle	1:02.38	1:01.00	569	04/05/14	ASA South East Region Youth Championships	Crawley	SER416	1
200 Freestyle	2:17.31	2:14.80	555	20/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
400 Freestyle	4:56.16	4:51.40	502	15/03/15	Sussex County Championships	Crawley	CC150379	1
800 Freestyle	10:19.13	10:09.70	480	23/02/14	Sussex County Champs & Age Groups Comp	Crawley	CC4090	1
50 Breaststroke	53.59	53.00	161	04/10/09	Crawley LC Opportunity Mt	Crawley	SE9444	3
50 Butterfly	31.54	30.90	464	27/02/16	Sussex County Championships	Crawley	SE160361	1
100 Butterfly	1:14.59	1:13.60	411	28/02/16	Sussex County Championships	Crawley	SE160361	1
50 Backstroke	33.66	33.10	508	20/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
100 Backstroke	1:11.96	1:10.80	505	27/02/16	Sussex County Championships	Crawley	SE160361	1
200 Backstroke	2:38.32	2:36.20	470	28/02/15	Sussex County Championships	Crawley	CC150378	1
200 Individual Medley	2:38.76	2:36.30	501	01/03/15	Sussex County Championships	Crawley	CC150378	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.33	29.10	530	06/12/14	ASA South East Region Championships	Portsmouth	SER428	2
100 Freestyle	1:00.97	1:02.30	559	25/10/15	Sussex County ASA Winter Competition 2015	Horsham	SE152007	2
200 Freestyle	2:14.75	2:17.30	548	25/10/15	Sussex County ASA Winter Competition 2015	Horsham	SE152007	2
400 Freestyle	4:48.15	4:53.00	517	15/03/14	Sussex County Championships	Crawley	CC4092	2
800 Freestyle	10:27.08	10:36.20	441	25/01/15	Seahawks Development Meet	Crowborough	SE150320	4
50 Breaststroke	40.97	41.70	332	16/11/15	East Grinstead Club Championships	East Grinstead	SE152134	4
100 Breaststroke	1:24.07	1:25.60	408	14/12/14	East Grinstead 100's Club Championships	East Grinstead	SE14608	4
200 Breaststroke	3:22.88	3:25.50	291	10/11/12	East Grinstead SC Club Championships	East Grinstead	SE2713	4
50 Butterfly	31.74	32.30	453	10/04/16	Thanet No Frills Regional Qualifier	Margate	SE160723	3
100 Butterfly	1:10.55	1:11.60	449	10/12/16	NASLS - Round 3	Gillingham	SE162560	3
200 Butterfly	2:50.66	2:52.50	344	21/06/14	East Grinstead Long Distance Championships	East Grinstead	SE4831	4
50 Backstroke	32.97	33.60	449	15/03/14	Sussex County Championships	Crawley	CC4092	2
100 Backstroke	1:08.87	1:10.00	506	02/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
200 Backstroke	2:32.78	2:34.90	471	18/11/15	East Grinstead Club Championships	East Grinstead	SE152135	4
200 Individual Medley	2:35.15	2:37.70	484	16/03/14	Sussex County Championships	Crawley	CC4092	2
400 Individual Medley	5:41.95	5:47.10	434	22/06/14	East Grinstead Long Distance Championships	East Grinstead	SE4831	4
100 Individual Medley	1:10.99	1:11.00	504	18/10/15	Eastbourne Level 3 Open Meet	Eastbourne	SE151628	3