

Individual Best Times (All Time)

Spiros Gkogkas - (469966) - Sutton & Cheam SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.33	32.70	246	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
100 Freestyle	1:13.40	1:12.20	260	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
50 Backstroke	41.33	40.80	185	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.18	29.90	329	04/12/16	Woking December Dasher A B Grade Open Meet	Woking	SE161566	3
100 Freestyle	1:03.99	1:05.30	344	22/05/16	Woking 7th B C Grade Octopus Meet	Woking	SE160749	3
200 Freestyle	2:19.92	2:22.40	358	22/05/16	Woking 7th B C Grade Octopus Meet	Woking	SE160749	3
400 Freestyle	5:08.92	5:13.40	324	15/10/16	Sutton & Cheam Club Championships 2016	Kingswood	LR161834	4
800 Freestyle	10:40.34	10:49.30	332	08/12/16	Sutton & Cheam Club Championships 2016	Kingswood	LR161836	4
50 Breaststroke	43.36	44.10	190	13/11/16	Sutton & Cheam Club Championships 2016	Kingswood	LR161835	4
100 Breaststroke	1:33.25	1:34.60	208	13/11/16	Sutton & Cheam Club Championships 2016	Kingswood	LR161835	4
200 Breaststroke	3:25.84	3:28.40	198	18/10/15	Sutton & Cheam 2015 Club Championships	Carshalton	LR151794	4
50 Butterfly	32.35	32.90	303	04/12/16	Woking December Dasher A B Grade Open Meet	Woking	SE161566	3
100 Butterfly	1:14.65	1:15.70	262	04/12/16	Woking December Dasher A B Grade Open Meet	Woking	SE161566	3
200 Butterfly	3:15.65	3:17.30	162	08/01/17	London Boro Sutton Annual Swimming Champs	Carshalton	LR170313	4
50 Backstroke	34.20	34.80	270	21/05/17	Woking 8th B C Grade Octopus Meet	Woking	SE170722	3
100 Backstroke	1:14.69	1:15.80	270	21/05/17	Woking 8th B C Grade Octopus Meet	Woking	SE170722	3
200 Backstroke	2:47.43	2:49.40	251	15/10/16	Sutton & Cheam Club Championships 2016	Kingswood	LR161834	4
200 Individual Medley	2:45.99	2:48.40	288	16/10/16	Sutton & Cheam Club Championships 2016	Kingswood	LR161834	4
100 Individual Medley	1:15.58	1:15.60	277	15/10/16	Sutton & Cheam Club Championships 2016	Kingswood	LR161834	4