

Individual Best Times (All Time)

Alex Rogowski - (754020) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.31	31.70	271	06/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
100 Freestyle	1:13.91	1:12.80	254	21/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
200 Freestyle	2:47.83	2:45.70	224	21/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
400 Freestyle	5:55.66	5:51.70	236	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1
50 Breaststroke	56.77	56.20	95	26/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
100 Breaststroke	1:43.91	1:42.70	164	22/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Breaststroke	3:38.27	3:35.80	189	20/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	WAL407	1
50 Butterfly	43.66	43.20	132	25/06/11	City of Liverpool Summer Meet 2011	Liverpool	NW1026	1
100 Butterfly	1:29.66	1:28.80	167	06/04/12	Swim Wales Age, Youth & Senior Champs	Swansea	WAL423	1
50 Backstroke	35.59	35.00	289	06/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
100 Backstroke	1:18.64	1:17.60	282	07/10/12	32nd Robin Hood Open Meet	Sheffield	EM2256	1
200 Backstroke	2:52.43	2:50.50	273	23/07/12	Welsh Summer National 2012	Swansea	WAL445	1
200 Individual Medley	3:02.11	2:59.90	245	21/07/12	Welsh Summer National 2012	Swansea	WAL445	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.10	30.80	300	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4
100 Freestyle	1:11.19	1:12.40	249	24/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
200 Freestyle	2:39.13	2:41.30	243	24/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
400 Freestyle	5:44.53	5:48.60	233	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
50 Breaststroke	46.67	47.30	152	27/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
100 Breaststroke	1:34.89	1:36.20	197	23/09/12	Swim Conwy Closed Invitation Meet	Llandudno	WAL446	4
200 Breaststroke	3:19.01	3:21.70	220	02/02/13	SWNR Regional Championships	Llandudno	WAL475	2
50 Butterfly	34.51	35.10	250	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4
100 Butterfly	1:20.78	1:21.70	206	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
200 Butterfly	3:06.99	3:08.70	186	09/02/13	SWNR Regional Championships	Llandudno	WAL476	2
50 Backstroke	33.97	34.60	275	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4
100 Backstroke	1:13.64	1:14.70	282	10/02/13	SWNR Regional Championships	Llandudno	WAL476	2
200 Backstroke	2:40.70	2:42.80	283	03/02/13	SWNR Regional Championships	Llandudno	WAL475	2
200 Individual Medley	2:50.83	2:53.10	264	25/11/12	BG Swim Wales North 2012 Sub Regional	Llandudno	WAL465	4
400 Individual Medley	6:01.00	6:05.80	275	10/02/13	SWNR Regional Championships	Llandudno	WAL476	2
100 Individual Medley	1:20.73	1:20.70	227	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4