

Individual Best Times (All Time)

Thomas Rogowski - (754021) - Llandudno Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	55.40	54.80	102	26/11/11	Welsh Capital Open Meet	Cardiff	WAL394	1
50 Backstroke	49.33	48.90	108	27/11/11	Welsh Capital Open Meet	Cardiff	WAL394	1
100 Backstroke	1:45.88	1:45.10	115	26/11/11	Welsh Capital Open Meet	Cardiff	WAL394	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.23	40.70	125	26/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
100 Freestyle	1:28.23	1:29.20	131	24/09/11	Swim Conwy Grand Prix Meet	Llandudno	WAL379	4
200 Freestyle	3:21.36	3:23.10	120	26/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
400 Freestyle	7:40.11	7:43.20	98	24/09/11	Swim Conwy Grand Prix Meet	Llandudno	WAL379	4
50 Breaststroke	52.39	53.00	108	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4
100 Breaststroke	1:54.50	1:55.60	112	25/02/12	Menai AA & B Grade Meet	Bangor	WAL415	4
200 Breaststroke	3:56.54	3:58.80	131	04/02/12	Swim Wales North Regional Championships	Llandudno	WAL412	2
50 Butterfly	50.42	50.80	80	27/05/12	Swim Conwy Whitsun Meet	Llandudno	WAL432	2
100 Butterfly	1:53.45	1:54.10	74	12/05/12	British Gas Swim Wales Junior Development	Llandudno	WAL430	4
50 Backstroke	44.77	45.20	120	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4
100 Backstroke	1:38.26	1:39.10	118	25/02/12	Menai AA & B Grade Meet	Bangor	WAL415	4
200 Backstroke	3:25.13	3:26.80	136	05/02/12	Swim Wales North Regional Championships	Llandudno	WAL412	2
200 Individual Medley	3:40.48	3:42.30	122	12/05/12	British Gas Swim Wales Junior Development	Llandudno	WAL430	4
100 Individual Medley	1:40.28	1:40.30	118	13/04/13	City of Bangor Diddy Gala	Bangor	WAL487	4