

Individual Best Times (All Time)

Helena Gimeno - (754276) - Swinton SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 29.07 | 28.30 | 535 | 15/03/14 | Lancashire County Championships | Manchester | CC4087 | 1 |
| 100 Freestyle | 1:00.15 | 58.70 | 635 | 21/03/15 | Lancashire County Age Groups & Championships | Manchester | CC150113 | 1 |
| 200 Freestyle | 2:06.38 | 2:03.60 | 711 | 07/02/15 | Derwentio Excel February Festival | Sheffield | EM150033 | 1 |
| 400 Freestyle | 4:30.37 | 4:25.10 | 659 | 01/06/14 | City of Sheffield No Frills Meet | Sheffield | NE4315 | 1 |
| 50 Breaststroke | 37.38 | 36.50 | 474 | 15/04/12 | Radford SC 30th Open Meet | Sheffield | EM2132 | 1 |
| 100 Breaststroke | 1:19.56 | 1:18.00 | 523 | 26/05/12 | City of Sheffield No Frills Gala | Sheffield | NE2144 | 1 |
| 200 Breaststroke | 2:57.36 | 2:54.40 | 466 | 16/12/12 | City of Manchester Snow Pen 2012 | Manchester | NW2496 | 1 |
| 50 Butterfly | 30.51 | 29.90 | 513 | 05/10/13 | The Robin Hood Open Meet 2013 | Sheffield | EM3375 | 1 |
| 100 Butterfly | 1:07.42 | 1:06.30 | 557 | 15/03/14 | Lancashire County Championships | Manchester | CC4087 | 1 |
| 50 Backstroke | 42.02 | 41.50 | 261 | 08/05/10 | Radford Annual Open Meet | Sheffield | EM0119 | 1 |
| 200 Individual Medley | 2:30.21 | 2:27.60 | 591 | 08/03/14 | Lancashire Age Groups & Championships | Manchester | CC4086 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|------------|---------|-------|
| 50 Freestyle | 29.26 | 30.00 | 481 | 29/09/12 | Central Lancs Warburton Age Groups | Salford | NW2309 | 3 |
| 100 Freestyle | 1:01.35 | 1:02.70 | 549 | 20/12/13 | City of Salford SC Club Championships 2013 | Salford | NW31011 | 4 |
| 200 Freestyle | 2:15.28 | 2:17.80 | 542 | 08/07/12 | City of Salford SC Summer Spectacular | Salford | NW2249 | 3 |
| 400 Freestyle | 4:42.77 | 4:47.70 | 547 | 21/12/12 | City of Salford Club Championships | Salford | NW2591 | 4 |
| 50 Breaststroke | 36.54 | 37.40 | 468 | 08/07/12 | City of Salford SC Summer Spectacular | Salford | NW2249 | 3 |
| 100 Breaststroke | 1:18.87 | 1:20.50 | 494 | 21/10/12 | Bolton & Manchester Championships 2012 | Manchester | NW2247 | 3 |
| 200 Breaststroke | 2:50.96 | 2:54.00 | 487 | 27/10/12 | City Of Salford SC Potential Olympians | Salford | NW2590 | 2 |
| 50 Butterfly | 31.56 | 32.20 | 460 | 07/07/12 | City of Salford SC Summer Spectacular | Salford | NW2249 | 3 |
| 100 Butterfly | 1:09.64 | 1:10.70 | 467 | 20/12/13 | City of Salford SC Club Championships 2013 | Salford | NW31011 | 4 |
| 200 Butterfly | 2:25.13 | 2:27.30 | 559 | 27/07/14 | City of Salford Summer Spectacular 2014 | Wigan | NW4123 | 3 |
| 50 Backstroke | 36.42 | 37.00 | 333 | 15/01/12 | Bolton & Manchester Age Groups | Manchester | NW2004 | 3 |
| 100 Backstroke | 1:13.80 | 1:14.90 | 411 | 20/07/13 | City of Salford SC Summer Olympic | Salford | NW3631 | 3 |
| 200 Individual Medley | 2:28.31 | 2:30.90 | 554 | 17/11/12 | North Lancs Inter Association Meet | Blackpool | NW2744 | 2 |
| 400 Individual Medley | 5:39.14 | 5:44.30 | 445 | 01/04/12 | City of Salford Spring Meet | Salford | NW2248 | 3 |
| 100 Individual Medley | 1:27.24 | 1:27.20 | 271 | 16/10/10 | Manchester & District | Manchester | NW0441 | 3 |