

Individual Best Times (All Time)

Ione Grammatikopoulos - (755469) - Beckenham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.17	33.60	329	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Freestyle	1:17.00	1:15.90	302	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
200 Freestyle	2:43.53	2:41.40	328	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
50 Breaststroke	49.04	48.40	210	17/07/16	ASA London Region End of Season Meet	Crystal Palace	LR160451	3
50 Butterfly	37.87	37.40	268	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
100 Butterfly	1:29.49	1:28.60	238	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	LR181417	3
50 Backstroke	43.41	42.90	236	17/07/16	ASA London Region End of Season Meet	Crystal Palace	LR160451	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.25	33.90	327	23/04/17	Beckenham Club Championships	Croydon	LR170803	4
100 Freestyle	1:14.22	1:15.30	310	30/09/18	Team Luton September Short Course Meet 2018	Inspire Luton	ER181035	3
200 Freestyle	2:43.82	2:45.90	305	09/07/17	Sevenoaks Schools Out For Summer Gala 2017	Sevenoaks	SE170767	3
400 Freestyle	6:04.18	6:08.00	256	31/10/16	Beckenham Club Championships	Beckenham	LR161094	4
800 Freestyle	12:46.82	12:54.30	241	19/09/16	Beckenham Club Championships	Beckenham	LR161092	4
50 Breaststroke	47.35	48.00	215	23/04/17	Beckenham Club Championships	Croydon	LR170803	4
100 Breaststroke	1:44.97	1:46.20	209	14/11/16	Beckenham Club Championships	Beckenham	LR161095	4
200 Breaststroke	3:41.44	3:43.80	224	10/10/16	Beckenham Club Championships	Beckenham	LR161093	4
50 Butterfly	37.56	38.10	273	09/07/17	Sevenoaks Schools Out For Summer Gala 2017	Sevenoaks	SE170767	3
100 Butterfly	1:29.87	1:30.70	217	04/11/17	DDSC EDSC Fireworks Meet 2017	Bexleyheath	SE170568	3
50 Backstroke	40.59	41.10	240	23/04/17	Beckenham Club Championships	Croydon	LR170803	4
100 Backstroke	1:30.42	1:31.30	223	08/07/17	Sevenoaks Schools Out For Summer Gala 2017	Sevenoaks	SE170767	3
200 Backstroke	3:21.27	3:22.90	206	28/03/15	City of Canterbury Spring Open Meet	Canterbury	SE150394	3
200 Individual Medley	3:09.46	3:11.50	266	14/11/16	Beckenham Club Championships	Beckenham	LR161095	4
100 Individual Medley	1:27.88	1:27.90	265	04/11/17	DDSC EDSC Fireworks Meet 2017	Bexleyheath	SE170568	3