

Individual Best Times (All Time)

Filip Fraczek-Krygier - (865749) - Poole SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.73	22.80	684	24/07/21	Derventio eXcel Welcome Back Long Course Open	Pond Forge	EM210150	3
100 Freestyle	52.19	50.60	723	24/07/21	Derventio eXcel Welcome Back Long Course Open	Pond Forge	EM210150	3
200 Freestyle	1:58.78	1:55.80	633	01/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
400 Freestyle	4:35.80	4:30.70	508	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
1500 Freestyle	18:39.66	18:21.10	470	29/01/17	Hampshire County Swimming Championships 2017	Portsmouth	SE170464	1
50 Breaststroke	35.67	34.80	385	10/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
100 Breaststroke	1:21.20	1:19.60	343	17/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
200 Breaststroke	3:34.17	3:31.70	201	26/10/13	3 Towers Open Meet	Millfield	SW3627	3
50 Butterfly	25.89	25.20	636	21/01/24	Hampshire County Swimming Championships 2024	Winchester	SE240343	1
100 Butterfly	59.76	58.50	566	18/07/19	OOM Poland	Drzonkow, Poland	GBR1150	1
200 Butterfly	2:36.47	2:34.40	350	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
50 Backstroke	26.45	25.70	705	05/04/22	British Championships 2022	Sheffield	BSW020	1
100 Backstroke	58.40	57.00	689	18/12/21	Winchester Winter Sparkler	Winchester	SE211474	3
200 Backstroke	2:16.70	2:14.20	548	08/12/19	PN Christmas Last Chance County Qualifier	Portsmouth	SE192815	3
200 Individual Medley	2:22.51	2:19.70	511	31/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
400 Individual Medley	5:30.44	5:25.10	395	19/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.15	24.00	660	03/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Freestyle	51.26	52.90	669	16/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
200 Freestyle	1:58.76	2:01.60	585	17/10/21	Team Bath AS TYR Super Series	Millfield	SW210423	2
400 Freestyle	4:41.24	4:46.20	429	30/09/18	Portsmouth Northsea Club Championships 2018	Mountbatten SC	SE182050	4
800 Freestyle	9:09.54	9:19.90	525	09/10/19	Portsmouth Northsea Club Championships 2019	Portsmouth	SE192914	4
1500 Freestyle	18:25.72	18:44.20	449	17/12/16	Havant & Waterlooville Joint Distance Meet 2016	Waterlooville	SE162572	4
50 Breaststroke	31.14	32.10	514	25/09/21	Winchester City Penguins The Winchester Big 50s	Winchester	SE210596	4
100 Breaststroke	1:18.40	1:20.00	350	15/10/16	Rushmoor Royals Autumn Open Meet 2016	Aldershot	SE161499	2
200 Breaststroke	4:02.29	4:04.50	121	03/12/11	Havant & Waterlooville Peter Bull Meet	Waterlooville	SE1643	3
50 Butterfly	25.51	26.20	619	25/09/21	Winchester City Penguins The Winchester Big 50s	Winchester	SE210596	4
100 Butterfly	58.57	59.80	542	13/11/21	National Arena Swimming League South - Round Two	Guildford	SE211355	3
200 Butterfly	2:30.96	2:33.00	354	24/09/17	Littlehampton County Qualifier 2017	Arun	SE170884	3
50 Backstroke	25.36	26.10	662	04/12/21	Swim England National Winter Championships (25m)	Sheffield	ENG020	2
100 Backstroke	55.63	57.00	655	07/11/21	SE South East Open/Junior Swimming Championships	Winchester	SE211170	2
200 Backstroke	2:20.52	2:22.90	424	17/12/16	Basingstoke Bluefins Last Chance County Qualifier	Basingstoke	SE162569	3
200 Individual Medley	2:22.05	2:24.80	459	24/09/17	Littlehampton County Qualifier 2017	Arun	SE170884	3
100 Individual Medley	1:11.26	1:11.30	330	26/07/15	City of Southampton Summer Splash Open Meet	Southampton	SE150105	3