

# Individual Best Times (All Time)

## Alexandra Palotai-Avella - (916714) - Seagulls Swimming Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.24	29.50	475	18/03/17	Millfield School Super Series (LC)	Millfield	SW170052	1
100 Freestyle	1:00.94	59.60	610	13/03/22	Team Bath & Millfield National Qualifier L1 Meet	Millfield	SW220145	1
200 Freestyle	2:12.97	2:10.30	611	12/03/22	Team Bath & Millfield National Qualifier L1 Meet	Millfield	SW220145	1
400 Freestyle	4:39.41	4:34.30	597	02/08/18	Swim England National Summer Meet	Sheffield	ENG009	1
800 Freestyle	9:26.57	9:16.30	626	29/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
1500 Freestyle	18:06.01	17:46.90	608	13/04/18	Exeter Taunton L1 & L3 April Meet	Millfield	SW180458	1
50 Breaststroke	49.63	49.00	202	10/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
200 Breaststroke	3:53.92	3:51.60	203	20/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	SE4255	1
50 Butterfly	34.96	34.40	341	15/04/17	Exeter City SC & Taunton Deane SC	Street	SW170472	1
100 Butterfly	1:16.77	1:15.80	377	16/04/17	Exeter City SC & Taunton Deane SC	Street	SW170472	1
50 Backstroke	41.76	41.30	266	11/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
100 Backstroke	1:17.04	1:16.00	412	16/04/17	Exeter City SC & Taunton Deane SC	Street	SW170472	1
200 Backstroke	3:03.22	3:01.40	303	11/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
200 Individual Medley	2:38.33	2:35.80	505	24/03/19	Millfield Street Super Series (LC)	Millfield	SW190330	1
400 Individual Medley	5:35.36	5:30.10	498	30/06/18	Team Bath AS Pre-National Summer Sizzler	Hengrove Leisure Cen	SW181079	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.60	28.30	573	15/01/22	Dorset County 2022 Championships & Age Group Comp	Littledown	SW220096	2
100 Freestyle	58.64	1:00.00	629	29/01/22	Dorset County 2022 Championships & Age Group Comp	Littledown	SW220098	2
200 Freestyle	2:07.45	2:10.10	648	16/01/22	Dorset County 2022 Championships & Age Group Comp	Littledown	SW220096	2
400 Freestyle	4:27.93	4:33.10	643	30/01/22	Dorset County 2022 Championships & Age Group Comp	Littledown	SW220098	2
800 Freestyle	9:13.64	9:24.00	641	23/01/22	Dorset County 2022 Championships & Age Group Comp	Dorchester	SW220097	2
1500 Freestyle	17:30.98	17:50.40	645	06/02/22	Dorset County 2022 Championships & Age Group Comp	Dorchester	SW220099	2
50 Breaststroke	36.56	37.40	467	18/01/20	Dorset 2020 Integrated Champs and Age Group Comp	Littledown	SW200143	2
100 Breaststroke	1:24.44	1:25.90	402	03/02/18	Dorset County ASA Champs & Age Group Competition	Littledown	SW180097	2
200 Breaststroke	3:29.94	3:32.40	263	24/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Littledown	SW151968	4
50 Butterfly	30.96	31.60	488	29/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
100 Butterfly	1:08.19	1:09.30	497	17/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190089	2
200 Butterfly	2:31.79	2:33.90	489	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	SW182681	2
50 Backstroke	34.75	35.30	383	18/10/19	Seagulls Club Championships	Two Riversmeet	SW192633	4
100 Backstroke	1:12.76	1:13.90	429	17/03/19	Poole Swimming Club Regional Qualifier 2019	Dorchester	SW190509	3
200 Backstroke	2:33.72	2:35.90	463	16/03/19	Poole Swimming Club Regional Qualifier 2019	Dorchester	SW190509	3
200 Individual Medley	2:26.38	2:29.00	576	30/11/19	Swim Wales Short Course Championships	WNPS	WL190048	2
400 Individual Medley	5:13.16	5:18.70	565	03/11/19	South West Region Winter SC Championships	Millfield	SW192612	2
100 Individual Medley	1:09.69	1:09.70	533	19/01/20	Dorset 2020 Integrated Champs and Age Group Comp	Littledown	SW200143	2