

Individual Best Times (All Time)

Gregory Holowka - (950806) - Barnes SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.80	35.40	194	10/05/15	Woking 6th Octopus B C Meet	Woking	SE150695	3
100 Freestyle	1:27.22	1:28.20	135	27/09/14	Barnes SC Club Championships 2014	Barnes	LR4906	4
200 Freestyle	3:22.61	3:24.30	117	29/09/14	Barnes Club Championships	Barnes	LR4907	4
50 Breaststroke	44.50	45.20	176	10/05/15	Woking 6th Octopus B C Meet	Woking	SE150695	3
100 Breaststroke	1:40.76	1:42.00	165	10/05/15	Woking 6th Octopus B C Meet	Woking	SE150695	3
50 Backstroke	57.05	57.40	58	02/02/13	Ealing L3 Open Meet	Northolt	LR3044	3
200 Backstroke	3:43.98	3:45.50	104	22/09/12	St Paul's Barnes SC Club Championships	London	LR2683	4
200 Individual Medley	3:42.90	3:44.70	118	29/09/14	Barnes Club Championships	Barnes	LR4907	4
100 Individual Medley	1:41.82	1:41.80	113	28/09/14	Barnes SC Club Championships 2014	Barnes	LR4906	4