

Individual Best Times (All Time)

Helena Kosinska - (974537) - Staines Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.45	31.80	385	06/08/17	Swim Wales Summer Nationals	Swansea	WL170074	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.59	32.20	382	25/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	SE170462	3
100 Freestyle	1:07.76	1:09.00	407	09/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
200 Freestyle	2:27.11	2:29.50	421	21/05/16	Atlantis Horsham Spring Open Meet	Horsham	SE160865	3
400 Freestyle	5:11.11	5:15.60	410	22/05/16	Atlantis Horsham Spring Open Meet	Horsham	SE160865	3
800 Freestyle	10:37.56	10:46.60	419	09/04/16	MCASA County Spring Development 2016	Enfield	LR160634	3
50 Breaststroke	45.32	46.00	245	16/04/16	MCASA County Spring Development 2016	Enfield	LR160635	3
100 Breaststroke	1:41.04	1:42.30	235	20/09/15	Staines Club Championships 2015	Spelthorne	SE151740	4
200 Breaststroke	3:35.87	3:38.30	242	17/10/15	Staines Club Championships 2015	Spelthorne	SE151742	4
50 Butterfly	34.58	35.10	350	25/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	SE170462	3
100 Butterfly	1:19.41	1:20.40	315	25/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	SE170462	3
200 Butterfly	2:53.89	2:55.70	325	09/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
50 Backstroke	38.53	39.00	281	07/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
100 Backstroke	1:18.82	1:19.80	337	10/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
200 Backstroke	2:44.91	2:46.90	375	09/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
200 Individual Medley	2:50.68	2:53.00	363	22/05/16	Atlantis Horsham Spring Open Meet	Horsham	SE160865	3
400 Individual Medley	6:01.15	6:06.00	368	08/11/16	Staines Club Championships	Staines	SE162344	4
100 Individual Medley	1:20.29	1:20.30	348	09/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3