

Individual Best Times (All Time)

Helena Kosinska - (974537) - Staines Swimming Club - 100 Butterfly - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:19.41	315	F	25/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	Staines	3
1:20.65	301	F	10/04/16	MCASA County Spring Development 2016	Enfield	Staines	3
1:21.96	286	F	26/11/16	Black Swan County Qualifier Meet 2016	Walton on Thames	Staines	3
1:22.65	279	F	10/07/16	Black Swan Summer Open Meet	Walton on Thames	Staines	3
1:22.80	278	F	10/12/16	NASLS - Round 3	Crawley	Staines	3
1:23.25	273	F	20/09/16	Staines Club Championships 2016	Knowle Green	Staines	4
1:23.59	270	F	12/11/16	NASLS Round 2	Southampton	Staines	3
1:23.96	266	F	14/01/17	Kingston Royals New Year Meet	Walton on the Thames	Staines	3
1:24.62	260	F	09/10/16	MCASA Winter Development Meet	Enfield	Staines	3
1:25.74	250	F	25/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	Staines	3
1:26.61	243	F	11/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	Staines	3
1:27.07	239	F	08/03/15	BHSC John Basford Memorial Trophy	Barnet	Staines	3
1:27.49	235	F	04/10/15	MCASA Winter Development Meet	Enfield	Staines	3
1:28.36	228	F	12/07/14	Staines SC Black Swan Summer Meet	Staines		3
1:28.60	227	F	15/03/15	MCASA Spring Development Meet	Enfield	Staines	3
1:31.69	204	F	09/11/14	Staines Club Championships	Staines		4
1:34.37	187	F	19/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
1:35.40	181	F	11/01/15	Black Swan County Qualifier Meet	Walton-on-Thames	Staines	3
1:46.78	129	F	24/09/13	Staines Club Championships	Elmbridge	Staines	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:25.74	250	F	25/11/17	Black Swan County Qualifier Meet 2017	Walton On Thames	Staines	3
1:19.41	315	F	25/02/17	Black Swan B-C Grade Meet 2017	Walton on Thames	Staines	3
1:23.96	266	F	14/01/17	Kingston Royals New Year Meet	Walton on the Thames	Staines	3
1:22.80	278	F	10/12/16	NASLS - Round 3	Crawley	Staines	3

1:21.96	286	F	26/11/16	Black Swan County Qualifier Meet 2016	Walton on Thames	Staines	3
1:23.59	270	F	12/11/16	NASLS Round 2	Southampton	Staines	3
1:24.62	260	F	09/10/16	MCASA Winter Development Meet	Enfield	Staines	3
1:23.25	273	F	20/09/16	Staines Club Championships 2016	Knowle Green	Staines	4
1:22.65	279	F	10/07/16	Black Swan Summer Open Meet	Walton on Thames	Staines	3
1:20.65	301	F	10/04/16	MCASA County Spring Development 2016	Enfield	Staines	3
1:27.49	235	F	04/10/15	MCASA Winter Development Meet	Enfield	Staines	3
1:26.61	243	F	11/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	Staines	3
1:28.60	227	F	15/03/15	MCASA Spring Development Meet	Enfield	Staines	3
1:27.07	239	F	08/03/15	BHSC John Basford Memorial Trophy	Barnet	Staines	3
1:35.40	181	F	11/01/15	Black Swan County Qualifier Meet	Walton-on-Thames	Staines	3
1:31.69	204	F	09/11/14	Staines Club Championships	Staines		4
1:34.37	187	F	19/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
1:28.36	228	F	12/07/14	Staines SC Black Swan Summer Meet	Staines		3
1:46.78	129	F	24/09/13	Staines Club Championships	Elmbridge	Staines	4