

Individual Best Times (All Time)

Helena Kosinska - (974537) - Staines Swimming Club - 50 Backstroke - 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 |
|-------|--------|-------|----------|--|------------------|-----------------|-------|
| 38.53 | 281 | F | 07/11/15 | City of Cardiff Welsh Capital Open Meet | Cardiff | Staines | 2 |
| 38.75 | 276 | F | 18/09/16 | Staines Club Championships 2016 | Knowle Green | Staines | 4 |
| 39.22 | 266 | F | 18/10/14 | Staines SC Black Swan Winter Meet | Elmbridge | | 3 |
| 39.93 | 252 | F | 01/11/14 | Elmbridge Phoenix Gala | Walton on Thames | | 3 |
| 40.12 | 249 | F | 15/03/15 | MCASA Spring Development Meet | Enfield | Staines | 3 |
| 40.65 | 239 | F | 13/04/14 | MCASA Spring Development Meet | Southbury | Staines | 3 |
| 40.66 | 239 | F | 10/01/15 | Black Swan County Qualifier Meet | Walton-on-Thames | Staines | 3 |
| 40.69 | 238 | F | 08/03/15 | BHSC John Basford Memorial Trophy | Barnet | Staines | 3 |
| 42.12 | 215 | F | 28/09/14 | Staines Club Championships | Staines | | 4 |
| 44.50 | 182 | F | 19/10/13 | Staines SC Black Swan Winter Meet 2013 | Elmbridge | Staines | 3 |
| 45.51 | 170 | F | 21/09/13 | Staines SC Club Championships | Staines | Staines | 4 |
| 46.03 | 165 | F | 18/01/14 | Staines Black Swan County Qualifier 2014 | Elmbridge | Staines | 3 |
| 59.37 | 76 | F | 22/09/12 | Staines Club Championship | Spelthorne | Staines | 4 |
| 59.37 | 76 | F | 22/09/12 | Staines Club Championships | Staines | | 4 |

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| 59.37 | 76 | F | 22/09/12 | Staines Club Championship | Spelthorne | Staines | 4 |
| 59.37 | 76 | F | 22/09/12 | Staines Club Championships | Staines | | 4 |