

Individual Best Times (All Time)

Helena Kosinska - (974537) - Staines Swimming Club - 100 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
1:18.82	337	F	10/07/16	Black Swan Summer Open Meet	Walton on Thames	Staines	3
1:19.55	328	F	22/05/16	Atlantis Horsham Spring Open Meet	Horsham	Staines	3
1:21.03	310	F	08/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	Staines	2
1:21.69	303	F	20/09/15	Staines Club Championships 2015	Spelthorne	Staines	4
1:22.47	294	F	11/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	Staines	3
1:22.80	291	F	08/03/15	BHSC John Basford Memorial Trophy	Barnet	Staines	3
1:23.40	285	F	19/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
1:25.09	268	F	23/11/14	Staines Club Championships	Staines		4
1:25.48	264	F	11/01/15	Black Swan County Qualifier Meet	Walton-on-Thames	Staines	3
1:25.72	262	F	26/04/14	MCASA Development Meet	Enfield	Staines	3
1:38.98	170	F	19/01/14	Staines Black Swan County Qualifier 2014	Elmbridge	Staines	3
1:41.56	157	F	24/09/13	Staines Club Championships	Elmbridge	Staines	4

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F

24/09/13 Staines Club Championships

Elmbridge

Staines

4