

# Individual Best Times (All Time)

Helena Agholor - (1143248) - Barnet Copthall SC

Long Course

| Stroke                | LC Time | Converted to SC | LC WA Pts | Date     | Meet                                          | Venue     | Licence  | Level |
|-----------------------|---------|-----------------|-----------|----------|-----------------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 31.95   | 31.30           | 403       | 11/01/15 | City of Derby Fourteenth LC Level 1 Open Meet | Sheffield | EM150072 | 1     |
| 100 Freestyle         | 1:09.84 | 1:08.60         | 405       | 16/05/15 | Rotherham Metro Level One Long Course Meet    | Sheffield | NE150169 | 1     |
| 200 Freestyle         | 2:27.67 | 2:25.30         | 446       | 17/05/15 | Rotherham Metro Level One Long Course Meet    | Sheffield | NE150169 | 1     |
| 400 Freestyle         | 5:12.46 | 5:07.90         | 427       | 12/04/15 | Team Luton April Long Course Meet             | Luton     | ER150341 | 1     |
| 50 Breaststroke       | 46.04   | 45.30           | 254       | 17/05/14 | Rotherham Metro SC Level One Long Course Meet | Sheffield | NE4110   | 1     |
| 50 Butterfly          | 37.02   | 36.50           | 287       | 16/05/15 | Rotherham Metro Level One Long Course Meet    | Sheffield | NE150169 | 1     |
| 50 Backstroke         | 40.85   | 40.40           | 284       | 18/05/14 | Rotherham Metro SC Level One Long Course Meet | Sheffield | NE4110   | 1     |
| 100 Backstroke        | 1:30.33 | 1:29.40         | 255       | 17/05/14 | Rotherham Metro SC Level One Long Course Meet | Sheffield | NE4110   | 1     |
| 200 Backstroke        | 2:56.27 | 2:54.40         | 340       | 17/05/15 | Rotherham Metro Level One Long Course Meet    | Sheffield | NE150169 | 1     |
| 200 Individual Medley | 2:53.76 | 2:51.50         | 382       | 11/04/15 | Team Luton April Long Course Meet             | Luton     | ER150341 | 1     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                  | Venue     | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|---------------------------------------|-----------|----------|-------|
| 50 Freestyle          | 32.23   | 32.90           | 360       | 22/03/14 | Middlesex County Championships        | Enfield   | CC4096   | 2     |
| 100 Freestyle         | 1:11.42 | 1:12.60         | 348       | 11/05/14 | Barnet Copthall Kate Lack Trophy Meet | Hendon    | LR4458   | 3     |
| 200 Freestyle         | 2:30.44 | 2:32.70         | 394       | 17/01/15 | Middlesex County Championships 2015   | Hendon    | CC150221 | 2     |
| 400 Freestyle         | 5:11.46 | 5:15.90         | 409       | 20/01/15 | Middlesex County Championships 2015   | Hendon    | CC150222 | 2     |
| 50 Breaststroke       | 47.24   | 47.90           | 216       | 13/03/13 | Middlesex County Championships        | Enfield   | CC3094   | 2     |
| 100 Breaststroke      | 1:35.13 | 1:36.40         | 281       | 05/10/14 | Barnet Copthall 100 Meet              | Barnet    | LR14001  | 3     |
| 200 Breaststroke      | 3:19.28 | 3:21.90         | 307       | 19/10/14 | Barnet Copthall 200 Meet              | London    | LR14002  | 3     |
| 50 Butterfly          | 37.10   | 37.60           | 283       | 22/03/14 | Middlesex County Championships        | Enfield   | CC4096   | 2     |
| 100 Butterfly         | 1:23.56 | 1:24.50         | 270       | 12/04/14 | 2014 Leicester Age Group Meet         | Leicester | EM4056   | 2     |
| 200 Butterfly         | 3:09.90 | 3:11.60         | 249       | 19/10/14 | Barnet Copthall 200 Meet              | London    | LR14002  | 3     |
| 50 Backstroke         | 42.72   | 43.20           | 206       | 21/04/13 | City of Milton Keynes SC Spring Open  | Bletchley | SE3097   | 2     |
| 100 Backstroke        | 1:22.70 | 1:23.70         | 292       | 05/10/14 | Barnet Copthall 100 Meet              | Barnet    | LR14001  | 3     |
| 200 Backstroke        | 2:53.11 | 2:55.00         | 324       | 19/10/14 | Barnet Copthall 200 Meet              | London    | LR14002  | 3     |
| 200 Individual Medley | 2:51.41 | 2:53.70         | 359       | 09/11/14 | Barnet Copthall Middle Distance Meet  | Barnet    | LR14003  | 2     |
| 400 Individual Medley | 6:01.08 | 6:05.90         | 368       | 09/11/14 | Barnet Copthall Middle Distance Meet  | Barnet    | LR14003  | 2     |
| 100 Individual Medley | 1:22.70 | 1:22.70         | 319       | 05/10/14 | Barnet Copthall 100 Meet              | Barnet    | LR14001  | 3     |