

# Individual Best Times (All Time)

Nissi Ayodele - (1455673) - Barking & Dagenham Aquatics Club

Long Course

| Stroke        | LC Time | Converted to SC | LC WA Pts | Date     | Meet                      | Venue  | Licence  | Level |
|---------------|---------|-----------------|-----------|----------|---------------------------|--------|----------|-------|
| 50 Freestyle  | 50.71   | 50.30           | 100       | 07/07/19 | BWFSC Summer Meet Level 3 | London | LR191885 | 3     |
| 50 Butterfly  | 56.98   | 56.60           | 78        | 07/07/19 | BWFSC Summer Meet Level 3 | London | LR191885 | 3     |
| 50 Backstroke | 54.85   | 54.50           | 117       | 07/07/19 | BWFSC Summer Meet Level 3 | London | LR191885 | 3     |

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                                             | Venue            | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------------------------|------------------|----------|-------|
| 50 Freestyle          | 41.68   | 42.20           | 166       | 13/06/21 | Summer B&D Champs 2021                           | Dagenham         | LR210137 | 4     |
| 100 Freestyle         | 1:36.18 | 1:37.10         | 142       | 13/06/21 | Summer B&D Champs 2021                           | Dagenham         | LR210137 | 4     |
| 200 Freestyle         | 3:48.21 | 3:49.70         | 112       | 05/10/19 | 9th David Jacobs Memorial Meet                   | Basildon         | LR192264 | 3     |
| 50 Breaststroke       | 56.13   | 56.70           | 129       | 12/06/21 | Summer B&D Champs 2021                           | Dagenham         | LR210136 | 4     |
| 100 Breaststroke      | 2:04.35 | 2:05.40         | 126       | 12/06/21 | Summer B&D Champs 2021                           | Dagenham         | LR210136 | 4     |
| 200 Breaststroke      | 4:41.87 | 4:43.70         | 108       | 06/10/19 | 9th David Jacobs Memorial Meet                   | Basildon         | LR192264 | 3     |
| 50 Butterfly          | 47.23   | 47.60           | 137       | 14/03/20 | BPSC Spring Regional Qualifier 2020              | Basildon         | ER200476 | 3     |
| 100 Butterfly         | 1:55.79 | 1:56.40         | 101       | 12/06/21 | Summer B&D Champs 2021                           | Dagenham         | LR210136 | 4     |
| 50 Backstroke         | 46.23   | 46.70           | 162       | 15/03/20 | BPSC Spring Regional Qualifier 2020              | Basildon         | ER200476 | 3     |
| 100 Backstroke        | 1:43.24 | 1:44.00         | 150       | 01/03/20 | Hackney Aquatics Spring Invitational Development | London           | LR200493 | 4     |
| 200 Individual Medley | 3:55.19 | 3:56.90         | 139       | 05/10/19 | 9th David Jacobs Memorial Meet                   | Basildon         | LR192264 | 3     |
| 100 Individual Medley | 1:53.63 | 1:53.60         | 122       | 23/10/20 | Barking and Dagenham                             | Becontree Health | LEX963   | 0     |