

Individual Best Times (All Time)

Kimberley Anastasiou - (182546) - Bedford Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.91	30.20	445	30/05/09	Sheffield No Frills Meet	Sheffield	NE9039	1
100 Freestyle	1:05.02	1:03.70	503	03/07/10	Cardiff International Open	Cardiff	WAL307	1
200 Freestyle	2:20.48	2:18.00	518	09/01/10	City of Derby Long Course	Sheffield	EM0019	1
400 Freestyle	4:38.93	4:33.90	600	04/04/10	City of Norwich Easter Meet	Norwich	ER0186	1
800 Freestyle	9:27.55	9:17.30	623	13/02/10	Norfolk County Champs	Norwich	CC0086	1
1500 Freestyle	18:17.57	17:58.60	589	28/05/10	Sheffield No Frills Meet	Sheffield	NE0070	1
50 Breaststroke	48.79	48.10	213	28/01/06	Gateshead & Whickham Meet	Sheffield	NE6043	1
100 Breaststroke	1:43.60	1:42.40	237	21/10/06	Lincoln Vulcans LC Open	Sheffield	EM6148	2
200 Breaststroke	3:25.33	3:22.70	300	20/10/07	Lincoln Vulcans Open Meet	Sheffield	EM7144	1
50 Butterfly	35.11	34.60	336	08/04/07	UEA East Anglian LC	Norwich	ER7072	1
100 Butterfly	1:18.07	1:17.10	358	23/03/08	City of Norwich Easter Mt	Norwich	ER8089	2
200 Butterfly	3:05.03	3:03.30	285	09/12/06	Sheffield Winter Open	Sheffield	NE6080	1
50 Backstroke	32.40	31.80	569	01/05/10	East Region Youth Champs	Norwich	ERX011	1
100 Backstroke	1:08.45	1:07.30	587	06/08/10	British Gas Youth Champs	Sheffield	ASA102	1
200 Backstroke	2:22.48	2:20.10	645	02/04/10	City of Norwich Easter Meet	Norwich	ER0186	1
200 Individual Medley	2:34.95	2:32.40	539	03/04/10	City of Norwich Easter Meet	Norwich	ER0186	1
400 Individual Medley	5:11.70	5:06.00	620	02/07/10	Cardiff International Open	Cardiff	WAL307	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.92	31.60	407	01/03/09	Norfolk County Champs	Thetford	CC9114	2
100 Freestyle	1:03.99	1:05.30	484	07/07/07	East Region Inter-County	Greys	ER7197	3
200 Freestyle	2:13.59	2:16.20	563	06/12/09	City of Leicester Distance	Leicester	EM9310	2
400 Freestyle	4:36.46	4:41.50	585	06/12/09	City of Leicester Distance	Leicester	EM9310	2
800 Freestyle	9:30.18	9:40.20	587	04/12/09	City of Leicester Distance	Leicester	EM9310	2
50 Breaststroke	41.90	42.60	310	29/10/09	City of Norwich Champs	Norwich	ER9759	4
100 Breaststroke	1:26.28	1:27.70	377	07/03/09	Norfolk County Champs	Thetford	CC9115	2
200 Breaststroke	2:59.77	3:02.70	419	06/12/09	City of Leicester Distance	Leicester	EM9310	2
50 Butterfly	33.21	33.80	395	16/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
100 Butterfly	1:13.45	1:14.50	398	07/03/09	Norfolk County Champs	Thetford	CC9115	2
200 Butterfly	2:38.89	2:40.90	426	08/05/10	West Suffolk Open Meet	Bury St Edmunds	ER0147	3
50 Backstroke	33.27	33.90	437	23/11/08	East Region Winter Champs	Norwich	ERX829	1
100 Backstroke	1:08.56	1:09.70	513	08/05/10	West Suffolk Open Meet	Bury St Edmunds	ER0147	3
200 Backstroke	2:22.67	2:25.00	579	29/10/09	City of Norwich Champs	Norwich	ER9759	4
200 Individual Medley	2:32.58	2:35.10	509	08/05/10	West Suffolk Open Meet	Bury St Edmunds	ER0147	3
400 Individual Medley	5:12.87	5:18.40	566	07/11/09	East Region Winter Champs	Norwich	ERX927	2
100 Individual Medley	1:15.39	1:15.40	421	07/03/09	Norfolk County Champs	Thetford	CC9115	2