

Poseidon Swimming Club
www.poseidonswim.club

Individual Meet Results

KA National Time Trials LC NOV 4-5 2023 04-Nov-23 to 05-Nov-23 LC Meters - FINA Points

Location: MISC AQUATIC CENTER KASARANI

Poseidon Swimming Club [POSE-ZZ]

Time	F/P/S	Event	Place	Points	Improv
Croucher, Anabelle (14) 14/02/2009 F					
1:24.83L 432	F # 107C	Female 14-15 100 Breast	1	4	5.00
34.14L 366	F # 109C	Female 14-15 50 Fly	1	4	-3.73
1:07.06L 458	F # 203C	Female 14-15 100 Free	2	2	1.63
38.95L 430	F # 205C	Female 14-15 50 Breast	1	4	---
5:34.69L 352	F # 211C	Female 14-15 400 Free	3	1	19.28
2:54.78L 375	F # 305C	Female 14-15 200 IM	2	2	2.60
3:10.18L 391	F # 402C	Female 14-15 200 Breast	2	2	14.70
29.99L 491	F # 404C	Female 14-15 50 Free	2	2	0.74
Omondi, Naledi (13) 19/03/2010 F					
40.75L 290	F # 103B	Female 12-13 50 Back	8	---	-1.66
44.27L 292	F # 205B	Female 12-13 50 Breast	7	---	-1.30
32.89L 372	F # 404B	Female 12-13 50 Free	10	---	-0.67
Onderi, Jade (14) 07/05/2009 F					
2:43.91L 327	F # 105C	Female 14-15 200 Free	8	---	6.04
37.32L 280	F # 109C	Female 14-15 50 Fly	4	---	2.59
1:12.82L 358	F # 203C	Female 14-15 100 Free	8	---	2.65
32.19L 397	F # 404C	Female 14-15 50 Free	5	---	1.47
Rieck, Jeremy (13) 30/07/2010 M					
33.08L 381	F # 104B	Male 12-13 50 Back	1	4	-0.16
2:28.94L 321	F # 106B	Male 12-13 200 Free	1	4	-6.23
31.96L 338	F # 110B	Male 12-13 50 Fly	2	2	0.47
1:06.28L 354	F # 204B	Male 12-13 100 Free	2	2	-2.06
2:44.13L 317	F # 304B	Male 12-13 200 Back	1	4	1.40
2:47.79L 313	F # 306B	Male 12-13 200 IM	2	2	-4.26
1:13.30L 307	F # 308B	Male 12-13 100 Fly	1	4	-0.97
1:12.47L 366	F # 407B	Male 12-13 100 Back	1	4	1.25