

**Poseidon Swimming Club
Wroe Elite Swim Training**

Individual Meet Results - Standard: KEN NAT

KSF NATIONAL CHAMPIONSHIP LC 4 DEC 04-Dec-21 to 05-Dec-21 LC Meters

Location: NAIROBI

Poseidon Swimming Club [POSE-ZZ]

Time	F/P/S	Event	Place	Points	Improv
Doyen, Ilan (14) M					
42.05L NQT	F # 107C	Male 14-15 50 Breast	7	12	-0.84
Frantz, Nyah (12) F					
3:35.22L NQT	F # 408B	Female 12-13 200 Breast	2	17	-8.38
	49.90	1:46.11	2:43.21	3:35.22	
	(49.90)	(56.21)	(57.10)	(52.01)	
Frantz, Shad (15) M					
20:16.64L NQT	F # 102C	Male 14-15 1500 Free	1	20	27.89
	35.20	1:15.00	1:56.00	2:36.70	3:17.10
	(35.20)	(39.80)	(41.00)	(40.70)	(40.40)
	6:00.60	6:41.50	7:23.30	8:04.00	8:45.90
	(41.30)	(40.90)	(41.80)	(40.70)	(41.90)
	11:32.20	12:13.50	12:54.70	13:36.20	14:17.40
	(41.90)	(41.30)	(41.20)	(41.50)	(41.20)
	17:00.90	17:41.70	18:22.50	19:03.10	19:42.40
	(40.80)	(40.80)	(40.80)	(40.60)	(39.30)
					(34.24)
35.59L NQT	F # 107C	Male 14-15 50 Breast	3	16	0.16
2:36.95L NQT	F # 111C	Male 14-15 200 IM	2	17	6.07
	33.10	1:16.70	1:59.60	2:36.95	
	(33.10)	(43.60)	(42.90)	(37.35)	
4:52.45L NQT	F # 201C	Male 14-15 400 Free	1	20	-8.41
	31.10	1:08.58	1:45.88	2:22.04	3:00.44
	(31.10)	(37.48)	(37.30)	(36.16)	(38.40)
					3:38.92
					(38.48)
					4:17.12
					(38.20)
					4:52.45
					(35.33)
1:20.14L NQT	F # 206C	Male 14-15 100 Breast	3	16	1.58
	37.40	1:20.14			
	(37.40)	(42.74)			
5:34.40L NQT	F # 302C	Male 14-15 400 IM	2	17	-15.33
	33.30	1:12.90	1:56.10	2:37.80	3:26.50
	(33.30)	(39.60)	(43.20)	(41.70)	(48.70)
					4:13.70
					(47.20)
					4:53.90
					(40.20)
					5:34.40
					(40.50)
2:16.01L NQT	F # 312C	Male 14-15 200 Free	1	20	2.16
	30.10	1:05.64	1:42.24	2:16.01	
	(30.10)	(35.54)	(36.60)	(33.77)	
27.87L NQT	F # 403C	Male 14-15 50 Free	2	17	-2.42
Gikunda, Amani (12) F (Y07)					
46.63L NQT	F # 103B	Female 12-13 50 Breast	3	16	0.57
1:20.48L NQT	F # 406B	Female 12-13 100 Free	6	13	-1.33
	37.40	1:20.48			
	(37.40)	(43.08)			
3:36.51L NQT	F # 408B	Female 12-13 200 Breast	3	16	0.42
	48.70	1:44.86	2:40.86	3:36.51	
	(48.70)	(56.16)	(56.00)	(55.65)	

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Kamphuis, Yannick (12) M (Y08)					
1:23.72L	NQT	F # 104B Male 12-13 100 Fly	1	20	-0.85
		39.20 1:23.72 (39.20) (44.52)			
3:00.72L	NQT	F # 111B Male 12-13 200 IM	2	17	-7.83
		35.40 1:21.50 2:20.10 3:00.72 (35.40) (46.10) (58.60) (40.62)			
1:06.82L	NQT	F # 304B Male 12-13 100 Free	2	17	-1.47
		30.60 1:06.82 (30.60) (36.22)			
33.11L	NQT	F # 310B Male 12-13 50 Fly	3	16	-0.77
2:33.04L	NQT	F # 312B Male 12-13 200 Free	1	20	1.50
		33.70 1:13.03 1:52.23 2:33.04 (33.70) (39.33) (39.20) (40.81)			
29.82L	NQT	F # 403B Male 12-13 50 Free	2	17	-0.52
Nakano, Chikashi (13) M					
1:16.15L	NQT	F # 109B Male 12-13 100 Back	1	20	0.32
		36.70 1:16.15 (36.70) (39.45)			
2:56.25L	NQT	F # 111B Male 12-13 200 IM	1	20	4.20
		36.90 1:19.90 2:16.10 2:56.25 (36.90) (43.00) (56.20) (40.15)			
35.53L	NQT	F # 203B Male 12-13 50 Back	1	20	0.21
6:07.13L	DQ	F # 302B Male 12-13 400 IM	---	---	---
		36.70 1:21.50 2:05.50 2:50.00 3:46.60 4:44.50 5:26.30 6:07.13 (36.70) (44.80) (44.00) (44.50) (56.60) (57.90) (41.80) (40.83)			
2:46.64L	NQT	F # 307B Male 12-13 200 Back	1	20	0.65
		37.20 1:19.59 2:03.59 2:46.64 (37.20) (42.39) (44.00) (43.05)			
Onderi, Jade (12) F					
30.72L	NQT	F # 303B Female 12-13 50 Free	2	17	-0.70
35.38L	NQT	F # 404B Female 12-13 50 Fly	1	20	0.65
1:10.17L	NQT	F # 406B Female 12-13 100 Free	2	17	-9.96
		33.40 1:10.17 (33.40) (36.77)			
Pragassa, Tory (25) M					
29.84L	NQT	F # 107D Male 16 & Over 50 Breast	1	20	-0.07
1:09.10L	NQT	F # 206D Male 16 & Over 100 Breast	1	20	1.00
		32.70 1:09.10 (32.70) (36.40)			

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Senanu, Karl (13) M (Y08)					
1:23.39L NQT	F # 109B	Male 12-13 100 Back	3	16	2.52
	40.40	1:23.39			
	(40.40)	(42.99)			
37.45L NQT	F # 203B	Male 12-13 50 Back	3	16	-0.01
DQ	F # 304B	Male 12-13 100 Free	---	---	---
3:04.51L NQT	F # 307B	Male 12-13 200 Back	2	17	4.34
	41.40	1:27.00	1:31.93	3:04.51	
	(41.40)	(45.60)	(4.93)	(1:32.58)	
2:39.59L NQT	F # 312B	Male 12-13 200 Free	3	16	-2.54
	34.70	1:15.79	1:58.69	2:39.59	
	(34.70)	(41.09)	(42.90)	(40.90)	
Shah, Dhilan (17) M					
37.51L NQT	F # 107D	Male 16 & Over 50 Breast	6	13	-0.74
2:56.94L	F # 111D	Male 16 & Over 200 IM	---	---	0.78
	37.50	1:21.00	2:11.80	2:56.94	
	(37.50)	(43.50)	(50.80)	(45.14)	
36.19L	F # 203D	Male 16 & Over 50 Back	5	14	-0.26
1:24.50L NQT	F # 206D	Male 16 & Over 100 Breast	4	15	1.63
	39.40	1:24.50			
	(39.40)	(45.10)			
3:08.81L	F # 407D	Male 16 & Over 200 Breast	1	20	8.75
	41.40	1:30.71	2:20.61	3:08.81	
	(41.40)	(49.31)	(49.90)	(48.20)	