

## Peponi House Preparatory School

### Individual Meet Results

2022 KSF NATIONAL CHAMPIONSHIP LC 6-8 MAY 22 06-May-22 to 08-May-22 LC Meters - FINA Points

Location: 22 NAIROBI

Poseidon Swimming Club [POSE-ZZ]

Time	F/P/S	Event	Place	Points	Improv
<b>Frantz, Shad (15) M</b>					
9:54.81L 439	F # 102	Male 10 & Over 800 Free	2	17	-18.87
1:18.40L 381	F # 106C	Male 14-15 100 Breast	1	20	-0.16
1:19.97L 359	P # 106C	Male 14-15 100 Breast	2	---	1.41
2:10.36L 479	F # 110	Male 10 & Over 200 Free	3	16	-3.49
	---	2:10.36			
	---	(2:10.36)			
2:12.84L 452	P # 110	Male 10 & Over 200 Free	4	---	-1.01
		2:12.84			
		(2:12.84)			
35.11L 403	F # 204C	Male 14-15 50 Breast	3	16	-0.32
36.15L 369	P # 204C	Male 14-15 50 Breast	4	---	0.72
59.08L 500	F # 208C	Male 14-15 100 Free	1	20	-3.18
59.43L 491	P # 208C	Male 14-15 100 Free	2	---	-2.83
2:25.64L 479	F # 304	Male 10 & Over 200 IM	2	17	-5.24
		1:10.43 2:25.64			
		(1:10.43) (1:15.21)			
2:32.05L 421	P # 304	Male 10 & Over 200 IM	2	---	1.17
		1:12.04 2:32.05			
		(1:12.04) (1:20.01)			
1:07.03L 402	P # 306C	Male 14-15 100 Fly	4	---	-3.39
4:45.76L 456	F # 314	Male 10 & Over 400 Free	1	20	-6.69
		1:07.05 2:20.82 3:35.56 4:45.76			
		(1:07.05) (1:13.77) (1:14.74) (1:10.20)			
<b>Kamphuis, Lisa (10) F (Y05)</b>					
35.79L 289	P # 309A	Female 10-11 50 Free	6	---	---
<b>Kamphuis, Yannick (13) M (Y08)</b>					
33.97L 281	P # 108B	Male 12-13 50 Fly	2	---	0.86
2:30.31L 312	P # 110	Male 10 & Over 200 Free	10	---	-1.23
1:07.56L 334	P # 208B	Male 12-13 100 Free	1	---	0.74
1:07.86L 330	F # 208B	Male 12-13 100 Free	1	20	1.04
3:01.71L 246	F # 304	Male 10 & Over 200 IM	5	14	0.99
		1:27.25 3:01.71			
		(1:27.25) (1:34.46)			
3:07.44L 224	P # 304	Male 10 & Over 200 IM	11	---	6.72
		1:29.56 3:07.44			
		(1:29.56) (1:37.88)			
1:31.84L 156	P # 306B	Male 12-13 100 Fly	1	---	8.12
30.91L 309	P # 310B	Male 12-13 50 Free	5	---	1.09

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<b>Nakano, Chikashi (13) M</b>					
34.07L 349	P # 104B	Male 12-13 50 Back	2	---	-1.46
34.08L 349	F # 104B	Male 12-13 50 Back	1	20	-1.45
5:56.01L 321	F # 112	Male 10 & Over 400 IM	2	17	---
	1:22.54 2:47.73 4:38.99 5:56.01				
	(1:22.54) (1:25.19) (1:51.26) (1:17.02)				
2:39.77L 343	F # 202	Male 10 & Over 200 Back	2	17	-6.22
	1:16.87 2:39.77				
	(1:16.87) (1:22.90)				
2:43.06L 323	P # 202	Male 10 & Over 200 Back	2	---	-2.93
	1:17.88 2:43.06				
	(1:17.88) (1:25.18)				
20:34.71L 351	F # 302	Male 10 & Over 1500 Free	1	20	---
	1:13.55 2:34.25 3:56.09 5:19.18 6:42.82 8:06.30 9:30.32 10:53.52				
	(1:13.55) (1:20.70) (1:21.84) (1:23.09) (1:23.64) (1:23.48) (1:24.02) (1:23.20)				
	12:17.21 13:40.03 15:03.30 16:27.14 17:50.42 19:13.72 20:34.71				
	(1:23.69) (1:22.82) (1:23.27) (1:23.84) (1:23.28) (1:23.30) (1:20.99)				
1:14.32L 339	F # 308B	Male 12-13 100 Back	2	17	-1.51
1:16.39L 312	P # 308B	Male 12-13 100 Back	2	---	0.56
5:10.60L 355	F # 314	Male 10 & Over 400 Free	3	16	-55.90
	1:10.47 2:30.60 3:51.47 5:10.60				
	(1:10.47) (1:20.13) (1:20.87) (1:19.13)				
<b>Pragassa, Tory (25) M</b>					
1:10.35L 528	P # 106D	Male 16 & Over 100 Breast	1	---	2.25
1:10.72L 520	F # 106D	Male 16 & Over 100 Breast	1	20	2.62
30.02L 645	P # 204D	Male 16 & Over 50 Breast	1	---	0.18
30.25L 631	F # 204D	Male 16 & Over 50 Breast	1	20	0.41