

Individual Best Times (All Time)

Katrina Alder - (26343) - Worsley SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.79	26.00	684	12/02/11	BUCS Swimming Championships (50m) 2011	Sheffield	BUC003	1
100 Freestyle	57.72	56.30	719	29/01/11	North & North West Zonal Competition	Sheffield	ZM1169	1
200 Freestyle	2:07.99	2:05.30	685	27/01/08	Burns Open Long Course Mt	Sheffield	NE8040	1
400 Freestyle	4:35.29	4:30.10	625	19/11/06	Stockport Metro Open	Stockport	NW6216	1
800 Freestyle	9:26.83	9:16.50	625	02/08/05	ASA National AG Champs 2005	Sheffield	ASA053	1
50 Breaststroke	37.24	36.40	480	15/09/07	ESSA Divisional Gala	Manchester	NW7315	3
100 Breaststroke	1:18.50	1:16.90	545	10/12/06	Speedo North West Finals	Manchester	NW6236	1
200 Breaststroke	2:46.09	2:42.90	568	30/07/05	ASA National AG Champs 2005	Sheffield	ASA053	1
50 Butterfly	28.90	28.20	604	04/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1
100 Butterfly	1:03.19	1:02.00	676	07/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
200 Butterfly	2:24.51	2:22.30	598	26/01/08	Burns Open Long Course Mt	Sheffield	NE8040	1
50 Backstroke	29.36	28.70	765	02/04/10	British Gas Championships	Sheffield	ASA099	1
100 Backstroke	1:02.81	1:01.50	760	17/03/09	British Gas Champs (50m)	Sheffield	ASA089	1
200 Backstroke	2:17.20	2:14.80	722	28/07/09	British Gas Youth Champs	Sheffield	ASA093	1
200 Individual Medley	2:19.93	2:17.10	732	07/02/15	Derwentio Excel February Festival	Sheffield	EM150033	1
400 Individual Medley	4:59.11	4:53.20	702	30/01/11	North & North West Zonal Competition	Sheffield	ZM1169	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.48	27.30	649	07/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
100 Freestyle	56.52	58.00	702	08/11/09	North West Region Champs	Manchester	NWR904	2
200 Freestyle	2:04.69	2:07.40	692	19/12/14	City of Salford Club Championships	Salford	NW14648	4
400 Freestyle	4:26.87	4:32.10	651	15/01/10	City of Salford Club Champs	Irlam	NW0138	4
800 Freestyle	9:20.95	9:31.20	616	05/02/05	Bolton & District AG Meet 2005	Broughton	L2N229	2
100 Breaststroke	1:14.22	1:15.90	593	29/10/06	Salford Pot Olympic Gala	Salford	NW6132	2
200 Breaststroke	2:41.68	2:44.90	576	01/04/07	City of Salford Spring Mt	Salford	NW7093	2
50 Butterfly	30.04	30.70	534	20/09/08	ESSA Division 7 Champs	Stockport	NW8557	3
100 Butterfly	1:03.31	1:04.50	622	19/12/14	City of Salford Club Championships	Salford	NW14648	4
200 Butterfly	2:20.72	2:22.90	614	01/12/07	City of Bradford Christmas	Shipley	NE7335	2
50 Backstroke	28.71	29.40	680	13/11/10	British University Champs	Sheffield	BUC002	2
100 Backstroke	1:00.62	1:01.90	742	08/11/09	North West Region Champs	Manchester	NWR904	2
200 Backstroke	2:10.81	2:13.30	751	07/11/09	North West Region Champs	Manchester	NWR904	2
200 Individual Medley	2:14.32	2:17.20	746	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	BUC006	2
400 Individual Medley	4:44.86	4:50.90	751	06/11/10	BG Midland Winter Champs	Corby	WMR025	2