

# Individual Best Times (All Time)

Aoife Keane - (1111375) - Brompton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.39	30.70	425	20/03/16	Atlantis Regional-National Chaser Meet	Crawley	SE160056	1
100 Freestyle	1:10.81	1:09.60	389	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	ER160006	1
200 Freestyle	2:33.79	2:31.50	395	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	ER160006	1
50 Butterfly	34.37	33.80	359	20/03/16	Atlantis Regional-National Chaser Meet	Crawley	SE160056	1
50 Backstroke	37.52	37.00	366	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
200 Individual Medley	2:55.50	2:53.20	371	20/03/16	Atlantis Regional-National Chaser Meet	Crawley	SE160056	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.45	31.10	427	10/07/16	Sutton & Cheam Summertime Splash	Carshalton	LR161124	3
100 Freestyle	1:08.04	1:09.30	402	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
200 Freestyle	2:28.36	2:30.70	411	10/07/16	Sutton & Cheam Summertime Splash	Carshalton	LR161124	3
50 Breaststroke	42.37	43.10	300	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
100 Breaststroke	1:49.27	1:50.40	185	22/06/14	Brompton SC Summer Sprints Champs 2014	Fulham	LR4850	4
200 Breaststroke	3:58.72	4:00.90	179	01/12/12	Brompton Middle Distance Meet	Fulham	LR2866	4
50 Butterfly	34.57	35.10	350	28/02/16	Ealing February L3 Open Meet	Northolt	LR160332	3
100 Butterfly	1:23.56	1:24.50	270	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
200 Butterfly	3:33.07	3:34.60	176	23/11/14	Brompton Winter Club Championships	Fulham	LR14643	4
50 Backstroke	36.35	36.90	335	26/11/14	Brompton Club Championships	Fulham	LR14680	4
100 Backstroke	1:16.30	1:17.30	372	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
200 Backstroke	2:57.99	2:59.90	298	23/11/14	Brompton Winter Club Championships	Fulham	LR14643	4
200 Individual Medley	3:10.19	3:12.30	263	23/11/14	Brompton Winter Club Championships	Fulham	LR14643	4
100 Individual Medley	1:18.90	1:18.90	367	10/07/16	Sutton & Cheam Summertime Splash	Carshalton	LR161124	3