

# Individual Best Times (All Time)

Martha Knight - (1112509) - Newcastle (Staffs) ASC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	50.40	50.80	94	18/09/16	Newcastle & Leek Club Championships	Newcastle under Lyme	WM161645	4
100 Freestyle	1:52.31	1:53.10	89	18/09/16	Newcastle & Leek Club Championships	Newcastle under Lyme	WM161643	4
200 Freestyle	3:03.30	3:05.20	217	18/09/16	Newcastle & Leek Club Championships	Newcastle under Lyme	WM161645	4
400 Freestyle	8:38.77	8:41.50	88	20/09/15	Newcastle (Staffs) ASC Club Championships 2015	Newcastle under Lyme	WM151647	4
100 Breaststroke	2:38.85	2:39.60	60	21/09/14	Newcastle (Staffs) Club Championships	Newcastle	WM4898	4
100 Butterfly	2:03.86	2:04.50	83	18/09/16	Newcastle & Leek Club Championships	Newcastle under Lyme	WM161645	4
200 Butterfly	4:38.16	4:39.30	79	18/09/16	Newcastle & Leek Club Championships	Newcastle under Lyme	WM161643	4
100 Backstroke	2:18.93	2:19.50	61	20/09/15	Newcastle (Staffs) ASC Club Championships 2015	Newcastle under Lyme	WM151647	4
200 Backstroke	6:08.36	6:09.30	33	29/09/13	Newcastle (Staffs) ASC Club Championships	Newcastle	WM3782	4
200 Individual Medley	4:38.09	4:39.50	84	18/09/16	Newcastle & Leek Club Championships	Newcastle under Lyme	WM161643	4