

# Individual Best Times (All Time)

Kieran Allen - (1122497) - Wellingborough SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.17	31.50	274	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Freestyle	1:11.08	1:09.90	286	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Freestyle	2:41.81	2:39.60	250	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
400 Freestyle	5:27.95	5:23.60	302	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
50 Breaststroke	50.96	50.30	132	12/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
100 Breaststroke	1:56.78	1:55.70	115	13/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
50 Butterfly	43.94	43.50	130	13/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
50 Backstroke	39.57	39.10	210	13/07/14	Northampton Summer Festival Open Meet	Corby	EM4053	3
100 Backstroke	1:20.07	1:19.10	267	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Backstroke	2:53.65	2:51.70	267	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Individual Medley	3:11.72	3:09.60	210	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.78	30.50	310	24/06/17	Wellingborough Sprint Club Championships	Daventry	EM171571	4
100 Freestyle	1:07.78	1:09.00	289	25/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	SE160696	3
200 Freestyle	2:22.14	2:24.60	341	02/10/16	Leicester Penguins 2016 Open Meet	Braunstone	EM161020	3
400 Freestyle	5:08.18	5:12.70	326	25/06/16	CMKSC Annual End of Season Open Meet	Milton Keynes	SE160696	3
1500 Freestyle	23:54.02	24:08.40	205	04/01/15	Modernian Club Championships	Bedford	ER150188	4
50 Breaststroke	48.68	49.30	134	21/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	SE4281	3
100 Breaststroke	1:48.32	1:49.50	132	21/12/13	City of Peterborough Winter Open Meet	Peterborough	ER3876	3
200 Breaststroke	3:55.29	3:57.50	133	22/06/14	City of MK SC 12th Annual End of Season L3 Meet	Milton Keynes	SE4281	3
50 Butterfly	34.93	35.50	241	24/06/17	Wellingborough Sprint Club Championships	Daventry	EM171571	4
100 Butterfly	1:25.31	1:26.20	175	19/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER160141	3
50 Backstroke	33.68	34.30	282	24/06/17	Wellingborough Sprint Club Championships	Daventry	EM171571	4
100 Backstroke	1:14.43	1:15.50	273	01/10/16	Leicester Penguins 2016 Open Meet	Braunstone	EM161020	3
200 Backstroke	2:43.29	2:45.30	270	20/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER160141	3
200 Individual Medley	3:00.80	3:03.00	222	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
400 Individual Medley	6:27.43	6:32.00	222	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
100 Individual Medley	1:17.06	1:17.10	261	02/10/16	Leicester Penguins 2016 Open Meet	Braunstone	EM161020	3