

Individual Best Times (All Time)

Millie Knight - (1139259) - Alton & District Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.89	41.40	176	05/07/14	Hampshire County Development Meet	Waterlooville	SE4414	3
100 Freestyle	1:37.85	1:38.70	135	28/09/13	Alton & District Autumn Winter Club Champs	Alton	SE3532	4
200 Freestyle	3:01.55	3:03.50	224	05/07/14	Hampshire County Development Meet	Waterlooville	SE4414	3
400 Freestyle	6:05.23	6:09.10	253	31/10/15	Alton & District SC Autumn Club Championships	Alton	SE151447	4
800 Freestyle	12:29.00	12:36.70	258	14/12/15	Alton & District Autumn Club Championships	Alton	SE151451	4
50 Breaststroke	52.30	52.90	159	18/10/14	Alton & District Autumn Winter Champs	Alton	SE14157	4
100 Breaststroke	1:48.25	1:49.40	191	18/10/14	Alton & District Autumn Winter Champs	Alton	SE14157	4
200 Breaststroke	3:48.36	3:50.70	204	01/11/14	Alton & District Club Championships	Alton	SE14158	4
50 Butterfly	55.06	55.40	86	28/09/13	Alton & District Autumn Winter Club Champs	Alton	SE3532	4
50 Backstroke	43.56	44.00	194	18/10/14	Alton & District Autumn Winter Champs	Alton	SE14157	4
100 Backstroke	1:27.53	1:28.40	246	03/10/15	Alton & District Autumn Club Championships	Alton	SE151445	4
200 Backstroke	3:17.28	3:19.00	219	01/11/14	Alton & District Club Championships	Alton	SE14158	4
200 Individual Medley	3:11.63	3:13.70	257	03/10/15	Alton & District Autumn Club Championships	Alton	SE151445	4
100 Individual Medley	1:26.65	1:26.70	277	31/10/15	Alton & District SC Autumn Club Championships	Alton	SE151447	4