

Individual Best Times (All Time)

Katherine O'Rourke - (1177307) - Havering Dolphins

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.64	35.00	290	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
50 Breaststroke	43.04	42.30	310	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:39.69	1:38.40	266	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
50 Backstroke	42.88	42.40	245	10/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.61	34.20	317	03/01/15	London Borough of Redbridge Winter Meet	Barkingside	LR150002	3
100 Freestyle	1:18.77	1:19.80	259	15/03/15	Maxwell Swim Club March L3 Meet	Aylesbury	SE150572	3
50 Breaststroke	40.69	41.50	338	14/03/15	Maxwell Swim Club March L3 Meet	Aylesbury	SE150572	3
100 Breaststroke	1:32.77	1:34.10	303	03/01/15	London Borough of Redbridge Winter Meet	Barkingside	LR150002	3
200 Breaststroke	3:27.06	3:29.60	274	05/10/14	Redbridge Early County & Regional Meet	Barksingside	LR4194	3
50 Backstroke	38.60	39.10	279	03/01/15	London Borough of Redbridge Winter Meet	Barkingside	LR150002	3
100 Backstroke	1:35.03	1:35.90	192	28/06/14	WSC Terry Davies Alternative Nationals	Watford	ER4475	3