

Individual Best Times (All Time)

Daniel Harding - (1298892) - Larkfield SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.15	26.40	456	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
100 Freestyle	1:00.32	58.90	468	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
200 Freestyle	2:16.57	2:14.00	416	12/02/23	Kent Swimming Championships 2023	Stratford	LR230203	1
400 Freestyle	4:54.13	4:49.30	418	11/02/23	Kent Swimming Championships 2023	Stratford	LR230203	1
50 Breaststroke	34.47	33.50	426	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
100 Breaststroke	1:18.27	1:16.60	383	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
200 Breaststroke	2:55.86	2:52.80	363	10/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Butterfly	29.63	29.00	424	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
100 Butterfly	1:19.46	1:18.50	241	06/02/22	Kent County Championships 2022	London Aqu Cen	SE220057	1
50 Backstroke	31.31	30.70	425	10/02/24	Kent County Championships 2024	Stratford	LR240210	1
100 Backstroke	1:07.75	1:06.60	441	10/02/24	Kent County Championships 2024	Stratford	LR240210	1
200 Backstroke	2:29.59	2:27.30	418	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
200 Individual Medley	2:32.29	2:29.70	419	11/02/24	Kent County Championships 2024	Stratford	LR240210	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.59	27.40	435	07/01/24	5th Kent Weald Last Chance County Qualifier 2024	Gillingham	SE240093	3
100 Freestyle	58.24	59.70	456	09/09/23	Larkfield SC 2023 Club Championships	Larkfield	SE230856	4
200 Freestyle	2:07.72	2:10.40	470	07/10/23	Medway ASA Championships 2023	Maidstone	SE230490	3
400 Freestyle	4:45.00	4:49.90	413	13/04/24	Medway ASA Championships 2024	Maidstone	SE240445	3
50 Breaststroke	34.44	35.30	380	12/11/23	Medway 50/200 Gala 2023	Maidstone	SE230792	3
100 Breaststroke	1:15.61	1:17.30	390	16/09/23	Medway ASA Championships 2023	Maidstone	SE230489	3
200 Breaststroke	2:49.47	2:52.60	356	02/11/23	Larkfield SC 2023 Club Championships	Larkfield	SE230860	4
50 Butterfly	29.26	29.90	410	07/01/24	5th Kent Weald Last Chance County Qualifier 2024	Gillingham	SE240093	3
100 Butterfly	1:10.05	1:11.10	317	13/10/23	National Arena Swimming League South R1 2023	Horsham	SE231992	3
200 Butterfly	3:29.47	3:31.00	132	23/11/19	Maidstone 175th Anniversary Celebration Meet	Maidstone	SE192403	3
50 Backstroke	30.88	31.50	367	12/11/23	Medway 50/200 Gala 2023	Maidstone	SE230792	3
100 Backstroke	1:05.53	1:06.70	401	15/04/23	Medway ASA Championships 2023	Maidstone	SE230487	3
200 Backstroke	2:24.07	2:26.40	394	18/11/23	Maidstone Level 3 Winter Qualifier 2023	Maidstone	SE230793	3
200 Individual Medley	2:27.28	2:29.90	412	30/09/23	Larkfield SC 2023 Club Championships	Larkfield	SE230857	4
100 Individual Medley	1:07.16	1:07.20	395	07/10/23	Medway ASA Championships 2023	Maidstone	SE230490	3