

Individual Best Times (All Time)

Eleni Caira - (1325007) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.10	28.40	534	28/04/24	SE London Region Summer Championships 2024	London	LR240710	1
100 Freestyle	1:03.60	1:02.30	537	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Freestyle	2:21.74	2:19.30	504	23/04/23	SE London Summer Championships 2023	Crawley	LR230509	1
50 Breaststroke	40.17	39.40	382	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Breaststroke	1:28.77	1:27.30	377	23/04/23	SE London Summer Championships 2023	Crawley	LR230509	1
50 Butterfly	31.03	30.40	488	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Butterfly	1:11.07	1:10.00	475	27/04/24	SE London Region Summer Championships 2024	London	LR240710	1
50 Backstroke	42.65	42.20	249	07/03/20	NUEL Regional Qualifying Meet 2020	London	LR200113	3
100 Backstroke	1:32.24	1:31.40	240	08/03/20	NUEL Regional Qualifying Meet 2020	London	LR200113	3
200 Individual Medley	2:40.81	2:38.30	482	18/03/23	Bracknell & Wokingham Regional Qualifier Meet 2023	Aldershot	SE230198	3
400 Individual Medley	5:51.49	5:46.40	432	04/11/23	2nd Swimming Time Trials 2023-4	Malta	GBR2171	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.60	29.30	515	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:01.54	1:02.90	544	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
200 Freestyle	2:16.96	2:19.50	522	18/06/23	Black Lion SC John Redding Gala 2023	Gillingham	SE230559	3
400 Freestyle	4:57.49	5:02.20	470	11/11/23	Killerwhales of Havering Autumn Tri Club Gala 2023	Hornchurch	LR232421	4
800 Freestyle	10:16.73	10:26.00	463	12/06/24	Killerwhales Spring Long Distance Time Trials 2024	Romford	LR241503	4
50 Breaststroke	38.00	38.80	416	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Breaststroke	1:22.32	1:23.80	434	05/02/23	Essex Age Group County Championships 2023	Basildon	ER230022	2
50 Butterfly	31.08	31.70	482	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:08.78	1:09.90	485	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
200 Butterfly	2:43.62	2:45.50	390	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Backstroke	35.95	36.50	346	20/05/23	Killerwhales Spring Club Champs 2023	Romford	LR231246	4
100 Backstroke	1:24.25	1:25.20	276	26/06/21	Killerwhales Summer Club Champs	Hornchurch	LR210135	4
200 Backstroke	3:16.54	3:18.20	221	13/07/19	Terry Fitzgerald Memorial Open Meet 2019	Summerfields	SE190231	3
200 Individual Medley	2:35.53	2:38.00	480	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
400 Individual Medley	5:37.82	5:43.00	450	06/07/22	KWSC Long Distance Club Champs 2022	Romford	LR221422	4
100 Individual Medley	1:13.78	1:13.80	449	20/05/23	Killerwhales Spring Club Champs 2023	Romford	LR231246	4