

# Individual Best Times (All Time)

Holly Kalns - (1372455) - Ramsbottom SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.26	28.50	525	08/02/20	Lancashire County Age Groups & County Champs	Manchester	NW200181	1
100 Freestyle	1:06.78	1:05.50	464	30/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220240	1
200 Freestyle	2:38.03	2:35.80	364	06/07/19	MANCHESTER SUMMER NON NATIONAL MEET	MANCHESTER	NW190444	3
50 Breaststroke	42.41	41.70	325	15/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
100 Breaststroke	1:35.01	1:33.70	307	15/09/19	The Robin Hood Open Meet 2019	Sheffield	EM191754	3
50 Butterfly	31.36	30.70	472	31/07/21	North West Summer Festival of Swimming	Manchester	NW210293	1
100 Butterfly	1:10.61	1:09.50	485	31/07/21	North West Summer Festival of Swimming	Manchester	NW210293	1
200 Butterfly	2:49.89	2:48.00	368	06/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	NW220241	1
50 Backstroke	32.11	31.50	585	25/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200179	1
100 Backstroke	1:10.10	1:08.90	547	07/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea	WL220093	1
200 Backstroke	2:35.26	2:33.10	498	11/01/20	Lancashire County Age Groups & County Champs	Manchester	NW200180	1
200 Individual Medley	2:49.11	2:46.80	414	25/07/21	North West Summer Festival of Swimming	Manchester	NW210291	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.98	29.70	495	23/06/19	Wigan And Tyldesley Starter Meet 2019	Wigan	NW190321	3
100 Freestyle	1:04.31	1:05.60	477	05/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
200 Freestyle	2:23.89	2:26.30	450	06/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
400 Freestyle	5:08.88	5:13.40	419	05/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
50 Breaststroke	40.02	40.80	356	05/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
100 Breaststroke	1:28.82	1:30.20	346	07/03/20	Satellite Spring Meet 2020	Macclesfield	NW200784	3
200 Breaststroke	3:13.25	3:16.00	337	03/07/22	Ramsbottom ASC Summer Fun Level 4 Meet	Bury	NW220868	4
50 Butterfly	31.53	32.10	462	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	NW211011	2
100 Butterfly	1:10.09	1:11.20	458	05/07/21	Bury and Elton	Castle	LEX2999	0
200 Butterfly	2:41.44	2:43.40	406	05/07/21	Bury and Elton	Castle	LEX2999	0
50 Backstroke	31.76	32.40	502	17/11/19	Wigan BEST Future Stars Open Meet	Wigan Life Centre	NW192346	2
100 Backstroke	1:10.12	1:11.30	479	17/10/21	Bobcats Return to Racing Powered by FINIS	Darwen	NW210364	3
200 Backstroke	2:34.47	2:36.60	456	05/03/22	Burnley Bobcats 'Racing for Regionals' 2022	Darwen	NW220335	3
200 Individual Medley	2:44.12	2:46.50	409	16/10/21	Bobcats Return to Racing Powered by FINIS	Darwen	NW210364	3
100 Individual Medley	1:14.69	1:14.70	433	16/11/19	Wigan BEST Future Stars Open Meet	Wigan Life Centre	NW192346	2