

Individual Best Times (All Time)

Conor Carolan - (1393292) - Alnwick Dolphin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.20	25.40	508	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1
100 Freestyle	59.06	57.60	499	06/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1
50 Butterfly	29.13	28.50	446	06/05/24	SE North East Regional Open/Youth Championships	Sunderland	NE240253	1
50 Backstroke	32.86	32.20	368	13/02/22	Northumberland & Durham SA County Championships 22	Sunderland	NE220163	1
100 Backstroke	1:14.56	1:13.50	331	13/02/22	Northumberland & Durham SA County Championships 22	Sunderland	NE220163	1
200 Backstroke	2:49.86	2:47.90	286	02/02/20	Northumberland & Durham SA County Championships	Sunderland	NE200404	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.13	25.90	516	07/01/24	Alnwick Dolphins Winter Invitational Meet 2024	Alnwick	NE240183	4
100 Freestyle	57.64	59.10	470	07/01/24	Alnwick Dolphins Winter Invitational Meet 2024	Alnwick	NE240183	4
200 Freestyle	2:16.01	2:18.50	389	01/10/22	South Tyneside Swimming Club Autumn Meet 2022	Haven Point	NE221560	3
400 Freestyle	5:04.52	5:09.10	338	01/07/22	Alnwick Dolphins Club Championships	Willowburn LC	NE221335	4
50 Breaststroke	45.38	46.10	166	11/01/20	Alnwick Dolphins January Time Trials	Willowburn LC	NE200487	4
100 Breaststroke	1:41.93	1:43.20	159	12/11/20	Alnwick Dolphins ASC	Willowburn	LEX602	0
200 Breaststroke	3:49.31	3:51.60	143	06/07/19	Alnwick Dolphins Club Championships	Willowburn LC	NE192282	4
50 Butterfly	28.53	29.20	443	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Butterfly	1:48.43	1:49.10	85	22/06/19	North Tyneside ASC Summer Gala	Stanley	NE191982	3
50 Backstroke	29.58	30.20	417	07/01/24	Alnwick Dolphins Winter Invitational Meet 2024	Alnwick	NE240183	4
100 Backstroke	1:03.50	1:04.80	440	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
200 Backstroke	2:36.26	2:38.40	308	01/07/22	Alnwick Dolphins Club Championships	Willowburn LC	NE221335	4
200 Individual Medley	2:43.71	2:46.10	300	01/07/22	Alnwick Dolphins Club Championships	Willowburn LC	NE221335	4
100 Individual Medley	1:07.01	1:07.00	397	15/10/23	Alnwick Dolphins ASC Autumn Meet 2023	Alnwick	NE231969	3