

Individual Best Times (All Time)

Katie Pengelly - (1461545) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.83	35.20	286	18/03/23	Bracknell & Wokingham Regional Qualifier Meet 2023	Aldershot	SE230198	3
50 Breaststroke	53.46	52.90	162	18/03/23	Bracknell & Wokingham Regional Qualifier Meet 2023	Aldershot	SE230198	3
100 Breaststroke	1:52.93	1:51.80	183	18/03/23	Bracknell & Wokingham Regional Qualifier Meet 2023	Aldershot	SE230198	3
200 Individual Medley	4:02.28	4:00.60	141	02/04/22	Bracknell & Wokingham SC Regional Qualifier Meet	Aldershot Garrison	SE220327	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.09	34.70	304	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Freestyle	1:14.03	1:15.20	312	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	2:33.89	2:36.10	368	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
800 Freestyle	11:09.20	11:17.80	363	12/06/24	Killerwhales Spring Long Distance Time Trials 2024	Romford	LR241503	4
50 Breaststroke	45.93	46.60	235	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Breaststroke	1:35.38	1:36.70	279	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:19.66	3:22.30	306	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	49.82	50.20	117	18/06/23	Black Lion SC John Redding Gala 2023	Gillingham	SE230559	3
50 Backstroke	37.12	37.70	314	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:23.62	1:24.60	282	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Backstroke	2:57.16	2:59.00	302	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
200 Individual Medley	3:36.69	3:38.50	177	12/12/21	Basildon & Phoenix Last Chance County Qualifier 21	Basildon	ER211370	3
100 Individual Medley	1:29.22	1:29.20	254	11/11/23	Killerwhales of Havering Autumn Tri Club Gala 2023	Hornchurch	LR232421	4