

# Individual Best Times (All Time)

Harriet Henry - (1476277) - Killerwhales SC (Havering)

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	44.63	44.20	148	25/09/22	Gators Early Season County Qualifier	London	LR221473	3
50 Breaststroke	1:02.56	1:02.10	101	25/09/22	Gators Early Season County Qualifier	London	LR221473	3
50 Butterfly	58.01	57.70	74	25/09/22	Gators Early Season County Qualifier	London	LR221473	3
50 Backstroke	55.02	54.70	116	25/09/22	Gators Early Season County Qualifier	London	LR221473	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.56	37.10	246	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:25.50	1:26.50	203	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	3:19.86	3:21.60	168	08/03/23	Killerwhales SC Spring Time Trials 2023	Romford	LR230738	4
400 Freestyle	6:38.02	6:41.50	196	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Breaststroke	51.24	51.90	169	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	1:55.69	1:56.80	156	18/06/23	Black Lion SC John Redding Gala 2023	Gillingham	SE230559	3
50 Butterfly	54.18	54.50	91	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
50 Backstroke	44.07	44.50	188	07/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
100 Backstroke	1:30.36	1:31.20	224	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	3:25.24	3:27.20	209	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Individual Medley	1:47.83	1:47.80	143	20/05/23	Killerwhales Spring Club Champs 2023	Romford	LR231246	4