

Individual Best Times (All Time)

Lili Mckenzie - (1485007) - Mold

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.92	34.30	309	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
100 Freestyle	1:18.39	1:17.30	287	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
200 Freestyle	2:57.45	2:55.50	257	08/01/23	RCT New Year Long Course	Cardiff	WL230006	3
50 Breaststroke	47.64	47.00	229	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
100 Breaststroke	1:54.55	1:53.40	175	08/01/23	RCT New Year Long Course	Cardiff	WL230006	3
200 Breaststroke	3:37.05	3:34.60	254	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
50 Butterfly	43.24	42.80	180	08/01/23	RCT New Year Long Course	Cardiff	WL230006	3
200 Butterfly	3:42.75	3:41.30	163	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
50 Backstroke	43.06	42.60	242	07/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
100 Backstroke	1:29.99	1:29.10	258	06/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3
200 Backstroke	3:22.42	3:20.80	225	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
200 Individual Medley	3:22.67	3:20.70	240	07/01/23	RCT New Year Long Course	Cardiff	WL230006	3
400 Individual Medley	6:44.77	6:40.40	283	07/01/24	RCT Performance Swim Squad - New Year LC 2024	Cardiff	WL240122	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.99	33.60	335	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:12.15	1:13.30	337	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Freestyle	3:00.72	3:02.60	227	24/09/22	Swim Conwy Invitational Meet	Llandudno	WL211305	3
400 Freestyle	5:54.00	5:58.00	278	24/09/23	Swim Conwy Closed Invitational Meet 2023	Llandudno	WL231998	3
50 Breaststroke	45.92	46.60	235	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
100 Breaststroke	1:38.84	1:40.10	251	24/09/23	Swim Conwy Closed Invitational Meet 2023	Llandudno	WL231998	3
200 Breaststroke	3:46.54	3:48.90	209	24/09/22	Swim Conwy Invitational Meet	Llandudno	WL211305	3
50 Butterfly	37.10	37.60	283	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Butterfly	1:27.34	1:28.20	236	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Backstroke	37.98	38.50	293	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Backstroke	1:33.30	1:34.20	203	01/05/22	Wrexham SC Spring Meet 2022	Wrexham	WL221045	2
200 Backstroke	3:08.18	3:09.90	252	11/02/23	Swim Wales North Regional Championships 2023	Llandudno	WL230661	2
200 Individual Medley	2:57.68	2:59.90	322	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
400 Individual Medley	7:08.50	7:12.60	220	11/02/23	Swim Wales North Regional Championships 2023	Llandudno	WL230661	2
100 Individual Medley	1:35.89	1:35.90	204	19/03/22	Holywell Daffodil Meet 2022	Holywell	WL220114	3