

Individual Best Times (All Time)

Esmay Dart - (1500175) - Kendal SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.46	41.00	184	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Breaststroke	57.56	57.00	130	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.31	36.90	251	27/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
100 Freestyle	1:24.90	1:25.90	207	03/02/24	Cumbria County Championships & Age Groups 2024	Workington	NW240299	2
200 Freestyle	3:05.19	3:07.10	211	11/05/24	Kendal ASC Club Championship Gala 2 2024	Kendal	NW241220	4
400 Freestyle	6:49.01	6:52.40	180	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
50 Breaststroke	50.23	50.90	180	08/06/24	Kendal ASC Club Championship Gala 3	Kendal	NW241221	4
100 Breaststroke	1:49.89	1:51.00	182	24/03/24	Kendal ASC Club Championship Gala 1 2024	Kendal	NW240732	4
200 Breaststroke	4:03.79	4:06.00	168	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	NW240298	2
50 Butterfly	43.41	43.80	177	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
50 Backstroke	44.59	45.00	181	09/03/24	Copeland 29th Bill and Monica Griffin Gala 2024	Whitehaven	NW240658	3
100 Backstroke	1:38.51	1:39.30	172	08/06/24	Kendal ASC Club Championship Gala 3	Kendal	NW241221	4
200 Backstroke	3:23.69	3:25.30	199	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
200 Individual Medley	3:35.59	3:37.40	180	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3
400 Individual Medley	7:18.62	7:22.60	205	20/06/24	Kendal ASC Long Distance Gala 1 2024	Kendal	NW241219	4
100 Individual Medley	1:34.85	1:34.80	211	28/04/24	Ulverston Spring Swim Fest 2024	Kendal	NW240532	3