

Individual Best Times (All Time)

Emma Krofchak - (157795) - Louth Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.84	33.20	339	02/07/16	50m Netherlands Invitational Meet	Eindhoven	GBR397	1
100 Freestyle	1:12.45	1:11.30	363	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
200 Freestyle	2:33.57	2:31.30	396	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
50 Breaststroke	40.71	39.90	367	15/03/14	Yorkshire County Championships	Sheffield	CC4069	1
100 Breaststroke	1:29.67	1:28.30	365	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
200 Breaststroke	3:15.05	3:12.30	350	19/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3
50 Butterfly	38.08	37.60	264	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
100 Butterfly	1:45.73	1:45.00	144	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
200 Butterfly	3:49.55	3:48.20	149	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
50 Backstroke	37.43	36.90	369	20/09/15	City of Sheffield 33rd Annual Teaspoon Gala	Sheffield	NE150208	3
100 Backstroke	1:22.78	1:21.80	332	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
200 Backstroke	3:01.50	2:59.60	312	18/01/14	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE4046	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.32	32.00	392	21/11/15	Louth Meridian Meet	Louth	EM151719	3
100 Freestyle	1:06.50	1:07.70	431	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield	EM150590	2
200 Freestyle	2:25.84	2:28.20	432	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
400 Freestyle	5:14.05	5:18.50	399	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
800 Freestyle	10:45.17	10:54.10	405	14/02/15	Lincolnshire County ASA Swimming Championships	Grantham	CC150039	2
50 Breaststroke	39.26	40.10	377	07/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
100 Breaststroke	1:25.34	1:26.80	390	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield	EM150590	2
200 Breaststroke	3:03.38	3:06.20	395	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
50 Butterfly	35.42	36.00	326	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
100 Butterfly	1:21.77	1:22.70	288	12/04/15	The 2015 Leicester Age Group Meet	Leicester	EM150392	3
200 Butterfly	3:07.41	3:09.10	259	07/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
50 Backstroke	35.92	36.50	347	17/07/16	Louth Annual Sportsman's Week Gala 2016	Louth	EM161551	4
100 Backstroke	1:16.02	1:17.10	376	07/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
200 Backstroke	2:42.47	2:44.50	392	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield	EM150590	2
200 Individual Medley	2:45.88	2:48.20	396	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
400 Individual Medley	6:45.69	6:50.00	260	21/10/12	Cleethorpes & District SC Club Champs	Cleethorpes	NE2747	4
100 Individual Medley	1:19.96	1:20.00	352	17/07/16	Louth Annual Sportsman's Week Gala 2016	Louth	EM161551	4