

Individual Best Times (All Time)

Freya Burke - (1631309) - Killerwhales SC (Havering)

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---|--------|----------|-------|
| 50 Freestyle | 36.95 | 36.40 | 260 | 13/01/24 | 2024 Essex County Age Group Championships | London | ER240054 | 1 |
| 100 Freestyle | 1:22.17 | 1:21.10 | 249 | 14/01/24 | 2024 Essex County Age Group Championships | London | ER240054 | 1 |
| 200 Freestyle | 2:58.67 | 2:56.70 | 251 | 24/02/24 | 2024 Essex County Age Group Championships | London | ER240055 | 1 |
| 400 Freestyle | 6:20.12 | 6:16.40 | 237 | 14/01/24 | 2024 Essex County Age Group Championships | London | ER240054 | 1 |
| 50 Breaststroke | 48.45 | 47.80 | 218 | 24/02/24 | 2024 Essex County Age Group Championships | London | ER240055 | 1 |
| 50 Butterfly | 45.88 | 45.50 | 150 | 24/02/24 | 2024 Essex County Age Group Championships | London | ER240055 | 1 |
| 50 Backstroke | 41.63 | 41.10 | 268 | 25/02/24 | 2024 Essex County Age Group Championships | London | ER240055 | 1 |
| 200 Backstroke | 3:25.40 | 3:23.80 | 215 | 13/01/24 | 2024 Essex County Age Group Championships | London | ER240054 | 1 |
| 200 Individual Medley | 3:26.07 | 3:24.10 | 229 | 13/01/24 | 2024 Essex County Age Group Championships | London | ER240054 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|------------|----------|-------|
| 50 Freestyle | 36.63 | 37.20 | 245 | 16/03/24 | Basildon Spring Regional Qualifier 2024 | Basildon | ER240455 | 3 |
| 100 Freestyle | 1:18.75 | 1:19.80 | 259 | 17/03/24 | Basildon Spring Regional Qualifier 2024 | Basildon | ER240455 | 3 |
| 200 Freestyle | 2:52.58 | 2:54.60 | 261 | 16/03/24 | Basildon Spring Regional Qualifier 2024 | Basildon | ER240455 | 3 |
| 400 Freestyle | 6:00.99 | 6:04.90 | 263 | 11/05/24 | Killerwhales Spring Club Champs 2024 | Hornchurch | LR240905 | 4 |
| 800 Freestyle | 12:01.83 | 12:09.80 | 289 | 12/06/24 | Killerwhales Spring Long Distance Time Trials 2024 | Romford | LR241503 | 4 |
| 1500 Freestyle | 22:36.03 | 22:51.20 | 300 | 26/06/24 | Killerwhales Summer Long Distance Time Trials 2024 | Romford | LR241553 | 4 |
| 50 Breaststroke | 47.22 | 47.90 | 216 | 17/03/24 | Basildon Spring Regional Qualifier 2024 | Basildon | ER240455 | 3 |
| 100 Breaststroke | 2:00.19 | 2:01.20 | 139 | 11/11/23 | Killerwhales of Havering Autumn Tri Club Gala 2023 | Hornchurch | LR232421 | 4 |
| 200 Breaststroke | 4:14.57 | 4:16.60 | 147 | 09/12/23 | Basildon & Phoenix Last Chance County Qualifier 23 | Basildon | ER232491 | 3 |
| 50 Butterfly | 44.30 | 44.70 | 166 | 16/03/24 | Basildon Spring Regional Qualifier 2024 | Basildon | ER240455 | 3 |
| 100 Butterfly | 1:45.96 | 1:46.70 | 132 | 17/03/24 | Basildon Spring Regional Qualifier 2024 | Basildon | ER240455 | 3 |
| 50 Backstroke | 41.87 | 42.30 | 219 | 17/03/24 | Basildon Spring Regional Qualifier 2024 | Basildon | ER240455 | 3 |
| 100 Backstroke | 1:33.79 | 1:34.60 | 200 | 16/03/24 | Basildon Spring Regional Qualifier 2024 | Basildon | ER240455 | 3 |
| 200 Backstroke | 3:47.30 | 3:48.80 | 143 | 11/11/23 | Killerwhales of Havering Autumn Tri Club Gala 2023 | Hornchurch | LR232421 | 4 |
| 200 Individual Medley | 3:29.95 | 3:31.80 | 195 | 10/12/23 | Basildon & Phoenix Last Chance County Qualifier 23 | Basildon | ER232491 | 3 |
| 400 Individual Medley | 7:05.65 | 7:09.80 | 225 | 11/05/24 | Killerwhales Spring Club Champs 2024 | Hornchurch | LR240905 | 4 |
| 100 Individual Medley | 1:30.41 | 1:30.40 | 244 | 11/05/24 | Killerwhales Spring Club Champs 2024 | Hornchurch | LR240905 | 4 |