

Individual Best Times (All Time)

Jessica Frewin - (1676822) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.90	36.30	261	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Breaststroke	49.80	49.20	200	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Breaststroke	1:48.72	1:47.50	205	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Butterfly	43.02	42.60	183	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Backstroke	44.08	43.60	226	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.69	38.20	225	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:25.12	1:26.10	205	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Freestyle	3:01.74	3:03.60	223	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
400 Freestyle	6:12.54	6:16.30	239	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
800 Freestyle	13:03.59	13:11.00	226	12/06/24	Killerwhales Spring Long Distance Time Trials 2024	Romford	LR241503	4
1500 Freestyle	25:00.04	25:13.80	221	26/06/24	Killerwhales Summer Long Distance Time Trials 2024	Romford	LR241553	4
50 Breaststroke	52.06	52.70	161	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	1:49.05	1:50.20	186	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:46.35	3:48.70	210	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	42.78	43.20	185	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	1:37.36	1:38.10	171	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
200 Butterfly	3:43.59	3:45.00	153	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Backstroke	45.08	45.50	175	07/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
100 Backstroke	1:38.45	1:39.30	173	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
200 Individual Medley	3:15.17	3:17.20	243	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
400 Individual Medley	7:03.46	7:07.60	228	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Individual Medley	1:40.52	1:40.50	177	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4