

Individual Best Times (All Time)

Lianna Bego - (1690005) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.09	36.50	257	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Freestyle	1:27.03	1:26.10	209	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
400 Freestyle	6:49.55	6:46.10	189	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Breaststroke	51.52	50.90	181	24/02/24	2024 Essex County Age Group Championships	London	ER240055	1
100 Breaststroke	1:53.28	1:52.20	181	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Backstroke	47.34	46.90	182	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
100 Backstroke	1:45.01	1:44.20	162	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.31	35.90	273	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Freestyle	1:25.22	1:26.20	205	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
200 Freestyle	2:56.02	2:58.00	246	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
400 Freestyle	6:22.93	6:26.60	220	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Breaststroke	48.79	49.40	196	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Breaststroke	1:48.18	1:49.30	191	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:42.43	3:44.80	221	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Butterfly	46.98	47.40	139	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Backstroke	44.44	44.90	183	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Backstroke	1:43.15	1:43.90	150	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
100 Individual Medley	1:43.08	1:43.10	164	11/11/23	Killerwhales of Havering Autumn Tri Club Gala 2023	Hornchurch	LR232421	4