

Individual Best Times (All Time)

Samuel Palmer - (1700448) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:48.00	1:47.20	81	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
50 Breaststroke	59.90	59.40	81	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
50 Backstroke	54.18	53.80	82	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	40.49	41.00	123	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:40.30	1:41.10	89	12/11/23	Killerwhales of Havering Autumn Tri Club Gala 2023	Hornchurch	LR232421	4
200 Freestyle	3:50.66	3:52.20	79	20/05/23	Killerwhales Spring Club Champs 2023	Romford	LR231246	4
400 Freestyle	7:39.06	7:42.10	98	25/10/23	Killerwhales SC of Havering Winter LD Time Trials	Romford	LR232393	4
50 Breaststroke	52.16	52.80	109	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Breaststroke	1:52.09	1:53.20	119	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:57.81	4:00.00	128	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
50 Butterfly	45.21	45.60	111	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Butterfly	2:05.98	2:06.60	54	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford	LR230877	3
50 Backstroke	52.89	53.30	73	11/11/23	Killerwhales of Havering Autumn Tri Club Gala 2023	Hornchurch	LR232421	4
100 Backstroke	1:43.17	1:43.90	102	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Individual Medley	3:30.43	3:32.30	141	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
100 Individual Medley	1:53.34	1:53.30	82	11/11/23	Killerwhales of Havering Autumn Tri Club Gala 2023	Hornchurch	LR232421	4