

# Individual Best Times (All Time)

Kathryn Alexander - (171447) - Consett SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.37	30.70	426	08/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
100 Freestyle	1:06.79	1:05.50	464	07/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
200 Freestyle	2:26.07	2:23.70	461	08/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
400 Freestyle	5:11.82	5:07.30	430	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
800 Freestyle	10:27.74	10:18.50	460	02/11/12	City of Sunderland 2012 Firecracker	Sunderland	NE2749	1
50 Butterfly	35.06	34.50	338	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
100 Butterfly	1:17.66	1:16.70	364	12/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Butterfly	2:55.88	2:54.10	332	05/02/12	Northumberland & Durham Championships	Sunderland	CC2038	1
50 Backstroke	39.70	39.20	309	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
100 Backstroke	1:21.84	1:20.90	343	08/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
200 Backstroke	2:56.89	2:55.00	337	07/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
200 Individual Medley	2:49.11	2:46.80	414	07/07/12	City of Sunderland Summer Splash	Sunderland	NE2187	3
400 Individual Medley	6:04.56	5:59.70	387	17/07/10	Sunderland Non National Qualifier Meet	Sunderland	NE0469	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.50	31.20	424	09/02/14	Durham City Very Last Chance Qualifier	Durham	NE4299	3
100 Freestyle	1:04.57	1:05.90	471	13/07/13	Durham City End of Season Gala	Durham	NE3541	3
200 Freestyle	2:22.38	2:24.80	465	12/01/13	Newburn ASC New Year Graded Meet	Stanley	NE3112	3
400 Freestyle	5:00.58	5:05.20	455	11/02/12	Newburn New Year Meet	Stanley	NE2222	3
800 Freestyle	10:35.29	10:44.30	424	06/02/11	Newburn ASC 800 1500 Time Trial	Stanley	NE1255	3
50 Breaststroke	54.91	55.50	137	21/09/08	Middlesbrough Autumn Meet	Tynemouth	NE8499	3
100 Breaststroke	1:33.68	1:35.00	294	28/04/12	Chester le Street Open Meet	Stanley	NE2290	4
200 Breaststroke	3:21.71	3:24.30	296	09/12/12	Derwentside ASC Christmas Cracker Meet	Stanley	NE2634	3
50 Butterfly	34.42	35.00	355	08/02/14	Durham City Very Last Chance Qualifier	Durham	NE4299	3
100 Butterfly	1:16.02	1:17.00	359	09/02/14	Durham City Very Last Chance Qualifier	Durham	NE4299	3
200 Butterfly	2:48.27	2:50.10	359	09/06/13	Derwentside ASC 4th Annual Charity Swim Meet	Stanley	NE3327	3
50 Backstroke	37.92	38.40	295	11/12/11	Derwentside Christmas Cracker	Stanley	NE1658	4
100 Backstroke	1:18.70	1:19.70	339	28/04/12	Chester le Street Open Meet	Stanley	NE2290	4
200 Backstroke	2:52.84	2:54.80	325	11/06/11	Derwentside Charity Meet	Stanley	NE1373	4
200 Individual Medley	2:45.53	2:47.90	398	16/10/11	Durham City Medley Challenge	Durham	NE1548	4
400 Individual Medley	5:52.28	5:57.20	397	28/10/12	Middlesbrough Halloween Meet	Middlesbrough	NE2532	2
100 Individual Medley	1:20.80	1:20.80	342	16/11/12	Derwentside ASC Club Championships	Derwentside	NE2795	4