

Individual Best Times (All Time)

Margo Koets - (348909) - Beachfield Swimming Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.72	29.00	501	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Freestyle	1:03.90	1:02.60	529	28/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180333	1
200 Freestyle	2:17.35	2:14.80	554	28/01/18	Kent Swimming Championships 2018	Crystal Palace	SE180333	1
400 Freestyle	4:45.32	4:40.40	561	23/05/15	ASASER Swimming Championships	Portsmouth	SE150985	1
800 Freestyle	9:48.43	9:38.50	559	15/02/15	2015 Kent County Swimming Championships	Crystal Palace	CC150170	1
50 Breaststroke	39.27	38.50	409	11/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Breaststroke	1:26.56	1:25.10	406	04/02/18	Kent Swimming Championships 2018	Crystal Palace	SE180334	1
200 Breaststroke	3:07.95	3:05.10	391	07/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
50 Butterfly	33.29	32.70	395	11/02/18	Kent Swimming Championships 2018	London	SE180335	1
100 Butterfly	1:14.06	1:13.00	420	03/02/18	Kent Swimming Championships 2018	Crystal Palace	SE180334	1
50 Backstroke	34.95	34.40	453	13/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Backstroke	1:14.98	1:13.90	447	30/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
200 Backstroke	2:40.37	2:38.30	452	02/08/14	Swim Wales Summer Nationals 2014	Swansea	WAL585	1
200 Individual Medley	2:40.62	2:38.10	484	11/02/18	Kent Swimming Championships 2018	London	SE180335	1
400 Individual Medley	5:39.13	5:33.90	481	23/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160328	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.66	29.40	512	13/04/24	Medway ASA Championships 2024	Maidstone	SE240445	3
100 Freestyle	1:01.88	1:03.20	535	17/10/15	East Invicta Annual Championships	Canterbury	SE151598	2
200 Freestyle	2:13.77	2:16.30	560	31/01/15	NJJK KB 2015	Amsterdam, Holland	GBR100	2
400 Freestyle	4:35.70	4:40.70	590	29/03/15	City of Canterbury Spring Open Meet	Canterbury	SE150394	3
800 Freestyle	9:35.36	9:45.30	571	29/01/15	NJJK KB 2015	Amsterdam, Holland	GBR100	2
50 Breaststroke	38.34	39.20	405	26/11/17	Black Lion L3 Winter Open Meet 2017	Medway Park	SE170467	3
100 Breaststroke	1:23.55	1:25.00	415	06/01/18	Dover & Canterbury Icebreaker 2018	Kent	SE180291	3
200 Breaststroke	3:03.09	3:06.00	397	28/02/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
50 Butterfly	32.72	33.30	413	25/11/17	Black Lion L3 Winter Open Meet 2017	Medway Park	SE170467	3
100 Butterfly	1:12.10	1:13.10	421	25/11/17	Black Lion L3 Winter Open Meet 2017	Medway Park	SE170467	3
200 Butterfly	2:44.13	2:46.00	387	25/10/14	East Invicta Annual Championships	Canterbury	SE4372	3
50 Backstroke	33.54	34.10	426	07/01/23	Dover Lifeguards & Herne Bay SCs Icebreakers 2023	Dover	SE230082	3
100 Backstroke	1:11.38	1:12.50	454	22/02/15	2015 Kent County Swimming Championships	Gillingham	CC150171	2
200 Backstroke	2:32.76	2:34.90	472	31/10/15	DD & ED Halloween Weekend Open Meet	Bexleyheath	LR150095	3
200 Individual Medley	2:31.78	2:34.40	517	09/12/17	NASLS - Round Three	Crawley	SE172631	3
400 Individual Medley	5:26.18	5:31.50	500	28/03/15	City of Canterbury Spring Open Meet	Canterbury	SE150394	3
100 Individual Medley	1:11.94	1:11.90	484	25/11/17	Black Lion L3 Winter Open Meet 2017	Medway Park	SE170467	3