

# Individual Best Times (All Time)

Katherine Gilman-Abel - (466059) - City of Linc Pentaqua SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.56	31.90	381	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	EM3281	1
100 Freestyle	1:09.37	1:08.20	414	18/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	NE3049	1
200 Freestyle	2:35.61	2:33.40	381	20/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
50 Breaststroke	44.18	43.50	287	20/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
100 Breaststroke	1:36.25	1:34.90	295	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
50 Butterfly	40.77	40.30	215	20/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
50 Backstroke	45.22	44.80	209	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
100 Backstroke	1:27.33	1:26.40	282	20/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
200 Backstroke	3:17.36	3:15.70	242	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.78	31.50	413	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham	EM150588	3
100 Freestyle	1:06.12	1:07.40	438	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2
200 Freestyle	2:28.11	2:30.40	413	08/03/14	Lincolnshire 63rd Annual County Champs	Louth	CC4015	2
400 Freestyle	5:19.18	5:23.60	380	05/10/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4389	4
800 Freestyle	10:50.98	10:59.80	394	06/07/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4389	4
50 Breaststroke	40.49	41.30	343	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2
100 Breaststroke	1:32.09	1:33.50	310	21/09/13	Rotherham Metro SC A & B Grade SC Meet	Sheffield	NE3214	3
200 Breaststroke	3:16.31	3:19.00	322	20/12/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4389	4
50 Butterfly	35.20	35.70	332	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield	NE4307	3
100 Butterfly	1:23.12	1:24.00	274	21/07/13	Rotherham Metro A & B Grade Gala	Sheffield	NE3187	3
50 Backstroke	36.73	37.30	324	08/03/14	63rd Annual Lincolnshire County Champs	Louth	CC4016	2
100 Backstroke	1:17.49	1:18.50	355	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham	EM150588	3
200 Backstroke	2:52.06	2:54.00	330	13/12/13	City of Lincoln Pentaqua Club Championships	Lincoln	EM3613	4
200 Individual Medley	2:50.02	2:52.30	368	29/11/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4396	4
400 Individual Medley	6:01.80	6:06.60	366	05/10/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4389	4
100 Individual Medley	1:16.79	1:16.80	398	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2