

# Individual Best Times (All Time)

Kirsty Holmes - (480467) - Devonport RSA

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Freestyle	2:53.28	2:51.30	276	08/05/11	Taunton Dean Level 1 Meet	Millfield	SW1025	1
400 Freestyle	6:01.51	5:57.60	276	07/05/11	Taunton Dean Level 1 Meet	Millfield	SW1025	1
200 Breaststroke	4:05.28	4:03.10	176	07/05/11	Taunton Dean Level 1 Meet	Millfield	SW1025	1
50 Backstroke	43.46	43.00	236	08/05/11	Taunton Dean Level 1 Meet	Millfield	SW1025	1
200 Backstroke	3:18.99	3:17.30	236	07/05/11	Taunton Dean Level 1 Meet	Millfield	SW1025	1
200 Individual Medley	3:35.36	3:33.50	200	05/12/10	Team Bath Aquae Sulis Meet	Bath	SW0643	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.58	31.30	421	01/12/19	Tornadoes of South Dorset Club Championships 2019	Osprey LC	SW192334	4
100 Freestyle	1:07.83	1:09.10	406	16/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190089	2
200 Freestyle	2:27.18	2:29.50	421	01/03/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	CC150143	2
400 Freestyle	5:18.90	5:23.30	381	23/02/14	Dorset County Age Group Champs 2014	Littledown	CC4024	2
800 Freestyle	11:19.96	11:28.40	346	16/03/13	Dorset County Championships	Dorchester	CC3049	2
50 Breaststroke	41.55	42.30	318	02/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190087	2
100 Breaststroke	1:47.48	1:48.70	195	07/07/12	Dorset County ASA Development Meet	Bournemouth	SW2103	3
200 Breaststroke	3:36.91	3:39.30	238	23/02/13	Dorset County Championships	Littledown	CC3047	2
50 Butterfly	34.40	34.90	355	01/12/19	Tornadoes of South Dorset Club Championships 2019	Osprey LC	SW192334	4
100 Butterfly	1:30.39	1:31.20	213	07/07/13	Dorset Development Meet	Bournemouth	SW3151	3
50 Backstroke	34.70	35.30	385	16/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190089	2
100 Backstroke	1:15.83	1:16.90	379	17/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190089	2
200 Backstroke	2:44.24	2:46.30	379	02/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190087	2
200 Individual Medley	2:48.90	2:51.20	375	02/12/19	Tornadoes of South Dorset Club Championships 2019	Osprey LC	SW192334	4
400 Individual Medley	6:26.68	6:31.20	300	02/03/13	Dorset County Championships	Littledown	CC3048	2
100 Individual Medley	1:18.45	1:18.50	373	20/10/19	Tornadoes of South Dorset Club Championships 2019	Osprey LC	SW192331	4