

# Individual Best Times (All Time)

Kristin Quigley - (546461) - Bedford Swim Squad

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.47	30.80	422	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
100 Freestyle	1:09.07	1:07.80	419	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Freestyle	2:34.43	2:32.20	390	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Breaststroke	37.48	36.60	470	15/04/17	Team Luton April Long Course Meet 2017	Luton	ER170348	1
100 Breaststroke	1:21.64	1:20.10	484	30/04/17	ASA East Long Course Championships	Luton	ER170219	1
200 Breaststroke	2:54.97	2:51.90	485	29/04/17	ASA East Long Course Championships	Luton	ER170219	1
50 Butterfly	34.49	33.90	355	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
50 Backstroke	37.43	36.90	369	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Backstroke	1:20.76	1:19.80	357	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Backstroke	2:54.78	2:52.90	349	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Individual Medley	2:50.26	2:47.90	406	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.63	31.30	419	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Freestyle	1:07.89	1:09.10	405	21/05/16	Linslade Crusaders Splash Gala	Tiddenfoot	ER160494	4
200 Freestyle	2:30.05	2:32.30	397	18/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
400 Freestyle	5:19.22	5:23.60	380	21/09/16	Linslade Crusaders	Leighton Buzzard	ER161293	4
50 Breaststroke	37.15	38.00	445	06/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
100 Breaststroke	1:20.94	1:22.50	457	23/10/16	ASA National County Teams Division 2	Sheffield	ASA152	2
200 Breaststroke	2:53.98	2:57.00	462	11/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
50 Butterfly	34.95	35.50	339	16/10/16	Linslade Crusaders Age Group Champs	Leighton Buzzard	ER161291	4
100 Butterfly	1:25.04	1:25.90	256	17/10/15	Linslade Crusaders Age Group Championships 2015	Tiddenfoot	ER151404	4
50 Backstroke	36.07	36.60	343	18/06/16	Biggleswade 17th Open Meet	Biggleswade	ER160949	3
100 Backstroke	1:17.35	1:18.40	357	16/10/16	Linslade Crusaders Age Group Champs	Leighton Buzzard	ER161291	4
200 Backstroke	2:59.05	3:00.90	293	17/10/15	Linslade Crusaders Age Group Championships 2015	Tiddenfoot	ER151404	4
200 Individual Medley	2:42.29	2:44.70	423	18/06/17	CMKSC Summer Open Meet Level 3	Bletchley	SE171026	3
400 Individual Medley	6:33.31	6:37.80	285	26/09/13	Linslade Crusaders Club Championships	Leighton Buzzard	ER3759	4
100 Individual Medley	1:15.16	1:15.20	425	16/09/16	Linslade Crusaders Age Group Champs	Leighton Buzzard	ER161289	4