

Individual Best Times (All Time)

Kiera McNally - (550642) - Team Luton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.94	31.30	403	15/10/11	Lincoln Vulcans Open Meet	Sheffield	EM1237	1
100 Freestyle	1:06.86	1:05.60	462	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
200 Freestyle	2:26.55	2:24.20	456	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
400 Freestyle	5:12.93	5:08.40	425	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1
800 Freestyle	10:24.75	10:15.40	467	17/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
50 Backstroke	35.55	35.00	431	04/05/14	ASA East Region Youth Championships	Luton	ERX406	1
100 Backstroke	1:14.67	1:13.60	452	08/06/13	BGASA East Region Age Group Champs	Norwich	ERX313	1
200 Backstroke	2:36.78	2:34.60	484	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1
200 Individual Medley	2:47.97	2:45.60	423	18/11/12	Team Luton Inaugural Long Course Meet	Luton	ER2464	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.26	30.90	435	02/06/13	Team Luton SC Club Championships Round 2	Luton	ER3546	4
100 Freestyle	1:05.12	1:06.40	459	28/04/13	Team Luton Spring Open Meet 2013	Luton	ER3042	3
200 Freestyle	2:22.23	2:24.70	466	11/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
400 Freestyle	4:56.11	5:00.80	476	10/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
800 Freestyle	10:19.10	10:28.40	458	18/02/12	Bedfordshire County Championships	Biggleswade	CC2054	2
50 Breaststroke	40.78	41.50	336	02/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Breaststroke	1:26.77	1:28.20	371	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
200 Breaststroke	3:05.55	3:08.40	381	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
50 Butterfly	36.06	36.60	309	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
100 Butterfly	1:24.70	1:25.60	259	10/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
200 Butterfly	3:04.25	3:06.00	273	27/10/12	Team Luton Club Championships	Luton	ER2463	4
50 Backstroke	33.29	33.90	436	23/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
100 Backstroke	1:11.54	1:12.70	451	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
200 Backstroke	2:34.28	2:36.40	458	17/03/13	Bedfordshire County Championships	Luton	CC3024	2
200 Individual Medley	2:42.22	2:44.60	423	28/04/13	Team Luton Spring Open Meet 2013	Luton	ER3042	3
400 Individual Medley	5:48.51	5:53.50	410	02/03/13	Bedfordshire County Championships	Luton	CC3022	2
100 Individual Medley	1:16.28	1:16.30	406	03/03/13	Bedfordshire County Championships	Luton	CC3022	2