

Individual Best Times (All Time)

Catherine Naus - (741574) - Swindon Dolphin ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.94	31.30	403	10/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
100 Freestyle	1:11.18	1:10.00	383	25/04/15	Millfield & Taunton Super Series (LC)	Millfield	SW150217	1
200 Freestyle	2:26.52	2:24.10	456	11/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
400 Freestyle	4:50.29	4:45.40	533	29/05/17	PNSC May Madness Meet	Portsmouth	SE170386	1
800 Freestyle	9:39.15	9:29.10	586	28/05/17	PNSC May Madness Meet	Portsmouth	SE170386	1
1500 Freestyle	18:45.08	18:26.60	547	19/05/18	ASA SWR Summer Championships	Millfield	SW180514	1
50 Breaststroke	37.84	37.00	457	06/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
100 Breaststroke	1:22.42	1:20.90	471	08/04/17	City of Bristol International Open Meet	Bristol	SW170399	1
200 Breaststroke	2:58.18	2:55.20	460	11/01/15	United Bristol New Year Open Meet	Hengrove	SW150024	1
50 Butterfly	32.23	31.60	435	29/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
100 Butterfly	1:08.04	1:06.90	542	28/05/17	PNSC May Madness Meet	Portsmouth	SE170386	1
200 Butterfly	2:27.47	2:25.30	563	30/04/17	ASA SWR Summer Championships	Plymouth	SW170194	1
50 Backstroke	45.11	44.70	211	11/05/13	Wycombe District SC 7th Annual LC Sprint	Wycombe	SE3432	3
200 Individual Medley	2:40.96	2:38.50	481	07/01/17	UBSC New Year Level 1 Open Meet	Hengrove Park	SW170326	3
400 Individual Medley	5:57.91	5:53.00	409	25/04/15	Millfield & Taunton Super Series (LC)	Millfield	SW150217	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.04	31.70	403	17/01/16	Wiltshire Age Groups Championships	Swindon	SW160240	2
100 Freestyle	1:06.05	1:07.30	440	19/11/16	Swindon Dolphins Last Chance Meet	Swindon	SW160551	3
200 Freestyle	2:17.12	2:19.60	520	17/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
400 Freestyle	4:45.84	4:50.70	529	25/11/17	Swim Bournemouth Short Course L2 Meet	Bournemouth	SW170246	2
800 Freestyle	9:40.69	9:50.60	555	28/01/17	Wiltshire Age Group Championships	Salisbury	SW170235	2
1500 Freestyle	18:44.68	19:02.90	526	18/02/18	Wiltshire ASA Ages Group Championships 2018	Swindon	SW180300	3
50 Breaststroke	37.05	37.90	448	26/07/15	Swindon Dolphin End of Season Meet	Swindon	SW150591	3
100 Breaststroke	1:20.32	1:21.90	468	01/03/15	Wiltshire Youth Championships	Swindon	CC150351	2
200 Breaststroke	2:53.08	2:56.10	470	24/01/15	Swindon Dolphin Last Chance Open Meet	Swindon	SW150468	3
50 Butterfly	32.14	32.70	436	29/10/17	Swindon Dolphin Club Championships	Swindon	SW171133	4
100 Butterfly	1:09.16	1:10.20	477	18/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
200 Butterfly	2:29.10	2:31.20	516	05/11/16	ASA SWR Winter Championships	Millfield	SW162268	2
50 Backstroke	34.49	35.10	392	18/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
100 Backstroke	1:14.60	1:15.70	398	18/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3
200 Individual Medley	2:34.64	2:37.20	489	24/09/16	Swindon Dolphin Club Champs 2016	Swindon	SW160965	4
400 Individual Medley	5:22.11	5:27.50	519	06/11/16	ASA SWR Winter Championships	Millfield	SW162268	2
100 Individual Medley	1:13.23	1:13.20	459	17/12/16	City of Bristol Christmas Cracker	Bristol	SW162171	3