

Individual Best Times (All Time)

Kara Mayos - (817105) - Doncaster Dartes SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.58	28.90	508	23/04/16	City of Leeds National Qualifying Meet 2016	Leeds	NE160164	1
100 Freestyle	1:03.61	1:02.30	537	24/04/16	City of Leeds National Qualifying Meet 2016	Leeds	NE160164	1
200 Freestyle	2:18.36	2:15.80	542	17/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
400 Freestyle	4:50.67	4:45.80	531	16/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
800 Freestyle	10:03.83	9:54.20	517	02/05/15	Doncaster Dartes May Day Meet	Leeds	NE150570	3
50 Breaststroke	40.02	39.20	386	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
100 Breaststroke	1:28.04	1:26.60	386	07/02/16	Yorkshire County Championships	Leeds	NE160068	1
200 Breaststroke	3:04.61	3:01.70	413	16/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	NE160598	3
50 Butterfly	31.34	30.70	473	25/09/16	City of Sheffield Swim Squad 34th Annual Teaspoon	Sheffield	NE160268	3
100 Butterfly	1:09.14	1:08.00	516	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
200 Butterfly	2:28.95	2:26.80	546	04/08/16	ASA Summer Nationals 2016	Sheffield	ASA149	1
50 Backstroke	33.89	33.30	497	28/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Backstroke	1:12.32	1:11.20	498	06/02/16	Yorkshire County Championships	Leeds	NE160068	1
200 Backstroke	2:35.67	2:33.50	494	14/02/16	Yorkshire County Championships	Leeds	NE160069	1
200 Individual Medley	2:35.15	2:32.60	537	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
400 Individual Medley	5:33.43	5:28.10	506	14/02/16	Yorkshire County Championships	Leeds	NE160069	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.19	29.90	484	22/11/15	ASANER Regional Age Group Championships	Sunderland	NE151549	2
100 Freestyle	1:02.10	1:03.40	529	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
200 Freestyle	2:17.53	2:20.00	516	03/01/15	Harrogate District Janus Meet	Harrogate	NE150216	3
400 Freestyle	4:39.60	4:44.60	566	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
800 Freestyle	10:18.54	10:27.80	459	19/01/14	Doncaster Dartes Distance Time Trials	Adwick	NE4218	4
50 Breaststroke	38.46	39.30	401	16/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
100 Breaststroke	1:21.77	1:23.30	443	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Breaststroke	2:59.23	3:02.20	423	05/07/15	Kingston upon Hull End of Season Meet	Hull	NE151002	3
50 Butterfly	30.62	31.20	504	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
100 Butterfly	1:07.32	1:08.40	517	05/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
200 Butterfly	2:24.90	2:27.10	562	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
50 Backstroke	31.87	32.50	497	05/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
100 Backstroke	1:08.38	1:09.50	517	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Backstroke	2:27.59	2:29.80	523	05/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
200 Individual Medley	2:28.41	2:31.00	553	05/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
400 Individual Medley	5:17.10	5:22.60	544	21/11/15	ASANER Regional Age Group Championships	Sunderland	NE151549	2
100 Individual Medley	1:13.97	1:14.00	445	07/10/17	Doncaster Mets Individual Championships	Doncaster	NE171805	3