

Individual Best Times (All Time)

Kate Henshall - (825879) - Harlow Penguin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.29	30.60	429	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:07.32	1:06.10	453	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Freestyle	2:33.91	2:31.60	394	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
50 Breaststroke	42.74	42.00	317	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:36.82	1:35.50	290	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3
50 Butterfly	34.45	33.90	356	04/02/17	Essex Age Group Championships	London	ER170023	1
50 Backstroke	36.66	36.10	393	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Backstroke	1:18.90	1:17.90	383	23/01/16	Essex Age Group Championships 2016	Basildon	ER160002	1
200 Backstroke	2:56.62	2:54.70	338	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
200 Individual Medley	3:00.27	2:58.10	342	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.73	31.40	415	03/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	ER150482	2
100 Freestyle	1:07.64	1:08.90	410	31/10/15	Cheshunt Open Meet	Harlow	ER150304	3
200 Freestyle	2:30.52	2:32.80	393	06/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	ER151657	3
50 Breaststroke	41.87	42.60	311	06/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	ER151657	3
100 Breaststroke	1:30.46	1:31.80	327	16/04/16	Thurrock Essex & Regional Qualifier 2016	Thurrock	ER160045	3
200 Breaststroke	3:10.39	3:13.10	353	28/11/15	Harlow Penguins 4th Winter Open Meet	Harlow	ER152073	3
50 Butterfly	34.28	34.80	359	31/10/15	Cheshunt Open Meet	Harlow	ER150304	3
100 Butterfly	1:21.86	1:22.80	287	18/06/16	Harlow Penguins 5th Eric Shepherd Open Meet	Harlow	ER160521	3
50 Backstroke	36.01	36.60	344	31/10/15	Cheshunt Open Meet	Harlow	ER150304	3
100 Backstroke	1:18.48	1:19.50	342	03/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	ER150482	2
200 Backstroke	2:43.20	2:45.20	387	28/11/15	Harlow Penguins 4th Winter Open Meet	Harlow	ER152073	3
200 Individual Medley	2:46.13	2:48.50	394	05/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	ER151657	3
100 Individual Medley	1:19.17	1:19.20	363	28/03/15	Harlow Penguins 3rd Junior Development Meet	Harlow	ER150399	3