

# Individual Best Times (All Time)

Freya Connor - (834262) - Cockermouth SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.80	38.40	223	16/10/16	The Allerdale Gala 2016	Workington	NW162148	3
100 Freestyle	1:23.29	1:24.30	219	11/06/16	2016 Copeland Graded Gala	Whitehaven	NW160632	3
200 Freestyle	3:01.35	3:03.30	225	24/09/16	Workington 7th Presidents Open Meet	Workington	NW161460	3
400 Freestyle	6:25.48	6:29.10	216	25/09/16	Workington 7th Presidents Open Meet	Workington	NW161460	3
50 Breaststroke	46.44	47.10	227	24/09/16	Workington 7th Presidents Open Meet	Workington	NW161460	3
100 Breaststroke	1:39.70	1:41.00	244	24/09/16	Workington 7th Presidents Open Meet	Workington	NW161460	3
200 Breaststroke	3:36.94	3:39.40	238	25/09/16	Workington 7th Presidents Open Meet	Workington	NW161460	3
50 Butterfly	48.59	49.00	126	25/09/16	Workington 7th Presidents Open Meet	Workington	NW161460	3
50 Backstroke	46.55	47.00	159	16/10/16	The Allerdale Gala 2016	Workington	NW162148	3
100 Backstroke	1:45.58	1:46.30	140	22/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
200 Backstroke	3:48.04	3:49.50	141	29/09/15	Cockermouth SC Club Championships	Cockermouth	NW151065	4
200 Individual Medley	3:30.04	3:31.90	195	16/10/16	The Allerdale Gala 2016	Workington	NW162148	3
100 Individual Medley	1:31.78	1:31.80	233	16/10/16	The Allerdale Gala 2016	Workington	NW162148	3