

# Individual Best Times (All Time)

Katie Musgrove - (835461) - Dunmow Atlantis SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.15	30.50	435	04/02/17	Essex Age Group Championships	London	ER170023	1
100 Freestyle	1:09.95	1:08.70	403	20/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Freestyle	2:33.06	2:30.80	400	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon	ER150046	3
50 Breaststroke	38.98	38.20	418	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:35.28	1:33.90	304	05/07/14	Bishop Stortford End of Season Open Meet	Luton	ER4530	3
200 Breaststroke	3:24.19	3:21.60	305	18/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	ER4035	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.92	31.60	407	18/06/16	Harlow Penguins 5th Eric Shepherd Open Meet	Harlow	ER160521	3
100 Freestyle	1:06.57	1:07.80	430	27/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3
200 Freestyle	2:25.49	2:27.90	435	13/03/16	Basildon & Phoenix SC Spring Time Trial Event 2016	Basildon	ER160007	3
400 Freestyle	5:21.87	5:26.20	371	14/11/14	Dunmow Atlantis Club Championships	Great Dunmow	ER14066	3
50 Breaststroke	39.52	40.30	369	18/06/16	Harlow Penguins 5th Eric Shepherd Open Meet	Harlow	ER160521	3
100 Breaststroke	1:24.21	1:25.70	406	12/11/16	NASL London	Braintree	ER162322	3
200 Breaststroke	3:17.16	3:19.80	317	19/10/14	Bishop's Stortford 6th Autumn Open Meet	Borehamwood	ER4445	3
50 Backstroke	40.00	40.50	251	22/11/14	Dunmow Atlantis Club Championships	Great Dunmow	ER14067	4
200 Individual Medley	3:13.13	3:15.20	251	06/10/13	Bishop Stortford 5th Autumn Open Meet	Braintree	ER3472	3
100 Individual Medley	1:20.71	1:20.70	343	01/10/15	Dunmow Atlantis Club Championships	Dunmow	ER151609	4