

Individual Best Times (All Time)

Kira Gilmore - (844029) - Cockermouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.64	41.10	182	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	NE4173	3
100 Freestyle	1:32.91	1:32.00	172	27/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	NE4592	3
50 Breaststroke	57.70	57.10	129	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	NE4173	3
50 Backstroke	45.48	45.00	205	26/04/14	Stocksbridge Pentaqua Spring Open Meet	Sheffield	NE4173	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.87	38.40	221	28/09/15	Cockermouth Club Championships	Cockermouth	NW151064	4
100 Freestyle	1:26.29	1:27.30	197	28/09/15	Cockermouth Club Championships	Cockermouth	NW151064	4
200 Freestyle	3:06.50	3:08.40	206	28/09/15	Cockermouth Club Championships	Cockermouth	NW151064	4
400 Freestyle	7:17.38	7:20.60	147	23/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
50 Breaststroke	57.35	57.90	121	10/03/13	Cumbria Age Group & County Championships	Kendal	CC3063	2
100 Breaststroke	2:04.18	2:05.20	126	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield	NE4307	3
200 Breaststroke	4:23.23	4:25.20	133	17/03/13	Cumbria County Championships	Whitehaven	CC3064	2
50 Butterfly	1:04.71	1:05.00	53	24/11/12	2012 Cumbrian Autumn Graded Series	Workington	NW2616	3
100 Butterfly	1:58.05	1:58.70	95	23/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
200 Butterfly	4:26.99	4:28.20	89	23/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
50 Backstroke	43.47	43.90	195	09/05/15	Copeland ASC 21th Bill & Monica Griffin Gala	Whitehaven	NW150675	3
100 Backstroke	1:36.03	1:36.90	186	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield	NE4307	3
200 Backstroke	3:21.18	3:22.80	206	29/09/15	Cockermouth SC Club Championships	Cockermouth	NW151065	4
200 Individual Medley	3:35.71	3:37.50	180	27/09/15	Cockermouth Club Championships	Cockermouth	NW151064	4
400 Individual Medley	7:50.66	7:54.40	166	22/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
100 Individual Medley	1:37.46	1:37.50	194	27/09/15	Cockermouth Club Championships	Cockermouth	NW151064	4