

# Individual Best Times (All Time)

Kieran Poling - (879024) - Portsmouth City Waterpolo Club

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.43	34.10	219	18/01/14	Havant & Waterlooville Club Championships	Waterlooville	SE4275	4
100 Freestyle	1:49.99	1:50.80	67	14/01/12	Havant & Waterlooville Club Championships	Waterlooville	SE2105	4
200 Freestyle	2:42.20	2:44.30	229	08/03/14	Hampshire County Championships	Waterlooville	CC4115	2
50 Breaststroke	48.20	48.90	138	18/01/14	Havant & Waterlooville Club Championships	Waterlooville	SE4275	4
100 Breaststroke	1:43.90	1:45.10	150	18/01/14	Havant & Waterlooville Club Championships	Waterlooville	SE4275	4
200 Breaststroke	3:45.67	3:48.00	150	30/11/13	HVWS Peter Bull Open Meet	Waterlooville	SE3967	3
50 Butterfly	51.38	51.70	75	23/06/13	Havant & Waterlooville Midsummer Open Meet	Waterlooville	SE3514	3
50 Backstroke	41.42	41.90	152	01/12/13	HVWS Peter Bull Open Meet	Waterlooville	SE3967	3
100 Backstroke	1:26.42	1:27.30	174	11/01/14	Havant & Waterlooville Club Championships	Waterlooville	SE4275	4
200 Backstroke	3:04.45	3:06.30	187	18/01/14	Havant & Waterlooville Club Championships	Waterlooville	SE4275	4
100 Individual Medley	1:28.68	1:28.70	171	11/01/14	Havant & Waterlooville Club Championships	Waterlooville	SE4275	4