

# Individual Best Times (All Time)

Kieran Duffy - (908933) - Poole SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.12	27.40	411	21/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
100 Freestyle	1:02.00	1:00.60	431	21/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
200 Freestyle	2:24.30	2:21.90	353	19/03/17	Millfield School Super Series (LC)	Millfield	SW170052	1
400 Freestyle	4:55.82	4:51.00	411	30/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
1500 Freestyle	19:31.03	19:13.30	411	20/05/17	ASA SWR Summer Championships	Millfield	SW170196	1
50 Breaststroke	37.28	36.40	337	07/05/18	ASA SWR Summer Championships	Plymouth	SW180512	1
100 Breaststroke	1:38.50	1:37.20	192	31/05/15	ASASWR Summer Championships	Millfield	SW150231	1
200 Breaststroke	3:15.93	3:13.20	262	07/01/17	UBSC New Year Level 1 Open Meet	Hengrove Park	SW170326	3
50 Butterfly	34.62	34.10	266	19/03/17	Millfield School Super Series (LC)	Millfield	SW170052	1
50 Backstroke	32.08	31.40	395	05/05/19	ASA SWR Summer Championships	Plymouth	SW190488	1
100 Backstroke	1:14.73	1:13.60	329	30/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	SE180278	1
200 Backstroke	2:37.11	2:35.00	361	21/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	SE190069	1
200 Individual Medley	2:47.03	2:44.60	317	16/04/17	Exeter City SC & Taunton Deane SC	Street	SW170472	1
400 Individual Medley	6:07.32	6:02.50	287	24/04/16	Millfield & Taunton Super Series	Millfield	SW160152	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.07	27.80	413	02/02/20	Dorset 2020 Integrated Champs and Age Group Comp	Littledown	SW200145	2
100 Freestyle	58.90	1:00.30	441	17/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190089	2
200 Freestyle	2:12.02	2:14.60	426	27/10/19	Poole Season Starter Level 3 Meet	Dorchester	SW192390	3
400 Freestyle	4:42.20	4:47.10	425	26/10/19	Poole Season Starter Level 3 Meet	Dorchester	SW192390	3
800 Freestyle	9:34.71	9:44.70	459	10/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Dorchester	SW190088	2
1500 Freestyle	18:38.32	18:56.60	434	27/01/19	Dorset 2019 Integrated Champs and Age Group Comp	Dorchester	SW190086	2
50 Breaststroke	35.42	36.30	349	27/10/19	Poole Season Starter Level 3 Meet	Dorchester	SW192390	3
100 Breaststroke	1:21.70	1:23.20	309	27/10/18	Poole Swimming Club Season Starter 2018	Dorchester	SW181567	3
200 Breaststroke	2:52.83	2:55.90	336	22/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
50 Butterfly	30.51	31.10	362	16/03/19	Poole Swimming Club Regional Qualifier 2019	Dorchester	SW190509	3
100 Butterfly	1:09.64	1:10.70	322	17/03/19	Poole Swimming Club Regional Qualifier 2019	Dorchester	SW190509	3
200 Butterfly	2:33.16	2:35.20	339	02/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190087	2
50 Backstroke	31.36	32.00	350	16/03/19	Poole Swimming Club Regional Qualifier 2019	Dorchester	SW190509	3
100 Backstroke	1:08.43	1:09.60	352	01/02/20	Dorset 2020 Integrated Champs and Age Group Comp	Littledown	SW200145	2
200 Backstroke	2:25.93	2:28.20	379	16/03/19	Poole Swimming Club Regional Qualifier 2019	Dorchester	SW190509	3
200 Individual Medley	2:29.72	2:32.30	392	26/10/19	Poole Season Starter Level 3 Meet	Dorchester	SW192390	3
400 Individual Medley	5:13.04	5:18.60	422	03/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	SW190087	2
100 Individual Medley	1:12.40	1:12.40	315	17/06/18	Poole Club Championships 2018	Poole	SW180904	4