

Individual Best Times (All Time)

Emma Cattle - (9173) - Team Luton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.85	29.10	494	05/03/12	British Gas Swimming Championships 2012	London	ASA116	1
100 Freestyle	1:05.55	1:04.30	490	07/04/12	British International Disability Champs	Sheffield	DIS088	1
200 Freestyle	2:29.72	2:27.40	428	04/05/13	ASA East Region Youth Championships	Luton	ERX312	1
400 Freestyle	4:56.13	4:51.40	502	03/03/12	British Gas Swimming Championships 2012	London	ASA116	1
50 Breaststroke	46.32	45.60	249	30/04/05	Midland District Youth Champs	Coventry	DCM505	1
100 Breaststroke	1:44.21	1:43.00	233	08/05/05	DSE Long Course Championships	Sheffield	DIS020	1
50 Butterfly	33.59	33.00	384	16/11/13	Team Luton Autumn LC Open Meet	Luton	ER3665	1
100 Butterfly	1:15.44	1:14.40	397	26/04/13	British International Disability Champs	Sheffield	DIS093	1
200 Butterfly	3:01.04	2:59.30	304	01/05/05	Midland District Youth Champs	Coventry	DCM505	1
50 Backstroke	35.09	34.50	448	06/05/12	ASA East Region Youth Championships	Basildon	ERX203	1
100 Backstroke	1:13.00	1:11.90	484	04/03/12	British Gas Swimming Championships 2012	London	ASA116	1
200 Backstroke	2:38.43	2:36.30	469	12/12/09	Welsh Disability LC Champs	Swansea	DIS070	1
200 Individual Medley	2:43.36	2:40.90	460	04/07/11	IPC Swimming European Championships	Berlin, Germany	DIS081	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.95	30.60	448	27/11/11	National Disability 25m Championships 2011	Sheffield	DIS083	2
100 Freestyle	1:05.50	1:06.80	451	26/11/11	National Disability 25m Championships 2011	Sheffield	DIS083	2
200 Freestyle	2:21.82	2:24.20	470	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
400 Freestyle	5:23.72	5:28.00	364	22/10/05	DSE Short Course Meet	Sheffield	DIS027	2
50 Breaststroke	43.81	44.50	271	21/09/13	Team Luton SC Club Championships Round 3	Luton	ER3547	4
100 Breaststroke	1:36.89	1:38.20	266	07/05/11	Team Luton Club Championships	Hitchin	ER1418	4
200 Breaststroke	3:28.64	3:31.20	268	09/06/02	The Last Chance Meet 2002	London	DMS111	2
50 Butterfly	34.03	34.60	367	19/01/13	Biggleswade SC 14th Open meet	Biggleswade	ER3081	3
100 Butterfly	1:15.87	1:16.90	361	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
200 Butterfly	3:14.46	3:16.10	232	22/01/05	Biggleswade 6th Open Meet 2005	Biggleswade	L2M246	2
50 Backstroke	34.21	34.80	402	21/11/09	DSE Open SC 2009	Sheffield	DIS069	2
100 Backstroke	1:12.50	1:13.60	433	16/03/13	Bedfordshire County Championships	Luton	CC3024	2
200 Backstroke	2:38.19	2:40.30	425	19/01/13	Biggleswade SC 14th Open meet	Biggleswade	ER3081	3
200 Individual Medley	2:45.80	2:48.20	397	07/05/11	Team Luton Club Championships	Hitchin	ER1418	4
400 Individual Medley	6:22.44	6:27.00	310	14/03/04	Bedfordshire County Champs	Biggleswade	CCM001	2
100 Individual Medley	1:21.37	1:21.40	334	03/09/11	Team Luton Club Championships	Hitchin	ER1418	4