

Individual Best Times (All Time)

Kate Pugh - (921304) - Oswestry Otters SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.85	29.10	494	06/04/19	Maximare Cup	Hamm Germany	GBR1008	1
100 Freestyle	1:06.35	1:05.10	473	06/04/19	Maximare Cup	Hamm Germany	GBR1008	1
200 Freestyle	2:26.09	2:23.70	460	06/04/19	Maximare Cup	Hamm Germany	GBR1008	1
400 Freestyle	5:06.88	5:02.30	451	06/04/19	Maximare Cup	Hamm Germany	GBR1008	1
50 Breaststroke	39.45	38.60	403	06/04/19	Maximare Cup	Hamm Germany	GBR1008	1
100 Breaststroke	1:28.68	1:27.20	378	06/04/19	Maximare Cup	Hamm Germany	GBR1008	1
200 Breaststroke	3:11.09	3:08.30	372	06/04/19	Maximare Cup	Hamm Germany	GBR1008	1
50 Butterfly	33.77	33.20	378	06/04/19	Maximare Cup	Hamm Germany	GBR1008	1
50 Backstroke	46.98	46.50	186	06/07/13	City of Coventry Graham Sykes Gala	Coventry	WM3275	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.70	30.40	460	31/03/18	Shrewsbury ASC Sprint Sprint Meet	Wolverhampton	WM180546	3
100 Freestyle	1:05.32	1:06.60	455	31/03/18	Shrewsbury ASC Sprint Sprint Meet	Wolverhampton	WM180546	3
200 Freestyle	2:16.32	2:18.80	529	26/01/20	Shropshire County Championships 2020	Wolverhampton	WM200135	2
400 Freestyle	4:49.71	4:54.50	508	02/02/20	Shropshire County Championships 2020	Wolverhampton	WM200136	2
800 Freestyle	10:19.78	10:29.00	457	14/01/17	Holywell Valentine Meet	Holywell	WL170237	2
50 Breaststroke	36.50	37.40	469	25/01/20	Shropshire County Championships 2020	Wolverhampton	WM200135	2
100 Breaststroke	1:20.66	1:22.20	462	26/01/20	Shropshire County Championships 2020	Wolverhampton	WM200135	2
200 Breaststroke	3:09.64	3:12.40	357	27/09/19	Oswestry Otters & Ellesmere College Titans	Oswestry	WM191796	4
50 Butterfly	32.69	33.30	414	25/01/20	Shropshire County Championships 2020	Wolverhampton	WM200135	2
100 Butterfly	1:23.47	1:24.40	271	30/01/16	Swim Wales North Regional Championships	Llandudno	WL160023	2
50 Backstroke	34.90	35.50	378	31/03/18	Shrewsbury ASC Sprint Sprint Meet	Wolverhampton	WM180546	3
100 Backstroke	1:15.91	1:17.00	378	20/03/16	Wrexham Crystal Meet	Wrexham	WL160951	3
200 Individual Medley	2:50.24	2:52.50	366	20/03/16	Wrexham Crystal Meet	Wrexham	WL160951	3
100 Individual Medley	1:16.61	1:16.60	401	31/03/18	Shrewsbury ASC Sprint Sprint Meet	Wolverhampton	WM180546	3