

Individual Best Times (All Time)

Chiara Ho - (926364) - City of Canterbury SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.19	34.60	302	11/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
50 Breaststroke	46.89	46.20	240	11/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
50 Butterfly	38.31	37.80	259	12/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
50 Backstroke	41.91	41.40	263	12/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
200 Individual Medley	3:07.86	3:05.70	302	12/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.81	31.50	412	17/05/15	East Invicta Development Gala	Margate	SE150763	4
100 Freestyle	1:10.43	1:11.60	363	17/10/15	East Invicta Annual Championships	Canterbury	SE151598	2
200 Freestyle	2:42.34	2:44.50	313	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	SE4428	3
50 Breaststroke	40.65	41.40	339	16/05/15	East Invicta Development Gala	Margate	SE150763	4
100 Breaststroke	1:37.93	1:39.20	258	11/01/14	Dover Lifeguard & Canterbury Icebreaker Meet	Canterbury	SE4133	3
200 Breaststroke	3:34.81	3:37.30	245	13/01/13	Dover LG & City of Canterbury Icebreaker	Canterbury	SE3027	2
50 Butterfly	34.03	34.60	367	16/05/15	East Invicta Development Gala	Margate	SE150763	4
100 Butterfly	1:20.56	1:21.50	302	08/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4063	2
50 Backstroke	36.73	37.30	324	17/05/15	East Invicta Development Gala	Margate	SE150763	4
100 Backstroke	1:26.02	1:27.00	259	27/04/13	Canterbury Medley Madness Spring Open Gala	Canterbury	SE3376	3
200 Individual Medley	2:59.54	3:01.70	312	27/04/14	City of Canterbury Sprint Open Gala	Canterbury	SE4428	3
100 Individual Medley	1:19.22	1:19.20	362	04/10/15	East Invicta Annual Championships	Canterbury	SE151597	2