

# Individual Best Times (All Time)

Holly Conroy-House - (927355) - Haringey Aquatics

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.14	38.70	217	16/06/14	Haringey Aquatics Summer Championships 2014	Tottenham	LR4849	4
100 Freestyle	1:20.17	1:21.20	246	22/02/15	Barnet Cophall Winter Sprints Meet	Barnet	LR150406	3
200 Freestyle	2:57.88	2:59.80	238	13/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
50 Breaststroke	44.89	45.60	252	11/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	LR4458	3
100 Breaststroke	1:38.10	1:39.40	256	22/02/15	Barnet Cophall Winter Sprints Meet	Barnet	LR150406	3
200 Breaststroke	3:31.49	3:34.00	257	14/06/15	Barnet Cophall Kate Lack Trophy Meet	Barnet	LR150812	3
100 Butterfly	1:48.58	1:49.30	123	18/01/14	Haringey Aquatics Winter Club Championships	London	LR4314	4
100 Backstroke	1:45.82	1:46.60	139	18/01/14	Haringey Aquatics Winter Club Championships	London	LR4314	4
100 Individual Medley	1:36.05	1:36.10	203	16/06/14	Haringey Aquatics Summer Championships 2014	Tottenham	LR4849	4