

# Individual Best Times (All Time)

Ciaran Kilbane - (940791) - Hemel Hempstead SC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.96	36.50	176	22/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	ER160839	3
100 Freestyle	1:24.90	1:25.90	147	22/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	ER160839	3
200 Freestyle	3:35.13	3:36.70	98	23/11/13	Hemel Hempstead Middle Distance Meet	Hemel Hempstead	ER31024	4
400 Freestyle	6:59.16	7:02.50	129	08/10/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151876	4
50 Breaststroke	45.35	46.00	166	22/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	ER160839	3
100 Breaststroke	1:40.15	1:41.40	168	15/10/16	Hemel Hempstead 103rd Birthday Open	Hertfordshire	ER161842	3
200 Breaststroke	3:41.69	3:44.10	159	21/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	ER160839	3
50 Butterfly	45.71	46.10	107	16/05/15	Hemel Hempstead 4th Spring Development Meet	Hemel Hempstead	ER150118	3
50 Backstroke	43.86	44.30	128	15/10/16	Hemel Hempstead 103rd Birthday Open	Hertfordshire	ER161842	3
100 Backstroke	1:46.79	1:47.50	92	22/11/14	Hemel Hempstead Club Championships	Hemel Hempstead	ER14692	4
200 Individual Medley	3:38.24	3:40.00	126	20/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151873	4
100 Individual Medley	1:33.22	1:33.20	147	15/06/16	Hemel Hempstead Club Championships	Hemel Hempstead	ER161253	4