

Individual Best Times (All Time)

Holly Kilcast - (965975) - Witham Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.01	35.40	281	23/11/13	Essex Winter Long Course Competition	Basildon	ER3696	1
50 Butterfly	36.43	35.90	301	03/02/18	Essex Age Group Championships 2018	London	ER180155	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.95	34.60	308	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Freestyle	1:13.29	1:14.40	322	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Freestyle	2:38.97	2:41.10	334	09/10/16	Witham Dolphins Winter Club Champs	Witham	ER162193	4
400 Freestyle	5:38.61	5:42.70	318	14/10/18	Witham Dolphins Winter Club Championships	Witham	ER182287	4
800 Freestyle	11:43.82	11:52.00	312	25/06/16	Witham Dolphins Club Championships Summer 2016	Witham	ER161515	4
50 Breaststroke	44.40	45.10	260	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Breaststroke	1:38.41	1:39.70	254	13/11/16	Witham Dolphins Winter Club Champs	Witham	ER162195	4
200 Breaststroke	3:30.56	3:33.10	261	04/12/16	Witham Dolphins Winter Club Championships	Witham	ER162382	4
50 Butterfly	36.75	37.30	291	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Butterfly	1:21.87	1:22.80	287	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
200 Butterfly	3:17.05	3:18.70	223	25/11/17	Witham Dolphins Winter Club Championships	Witham	ER172368	4
50 Backstroke	43.29	43.80	198	13/04/14	Halstead 5th Annual Open Meet	Halstead	ER4264	3
100 Backstroke	1:32.87	1:33.70	206	15/11/14	Witham Dolphins Club Championships	Witham	ER14305	3
200 Backstroke	3:22.16	3:23.80	203	25/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
200 Individual Medley	3:02.73	3:04.90	296	11/11/18	Witham Dolphins Winter Club Championships	Witham	ER182516	4
400 Individual Medley	6:30.15	6:34.60	292	20/05/18	Witham Dolphins Summer Club Championships 2018	WITHAM	ER181172	4
100 Individual Medley	1:23.63	1:23.60	308	24/06/18	Witham Dolphins Summer Club Championships 2018	WITHAM	ER181171	4