

# Individual Best Times (All Time)

Katie Frodsham - (975900) - Bebington SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.24	33.60	327	14/02/16	City of Liverpool Splash & Dash	Liverpool	NW160223	3
50 Breaststroke	49.10	48.50	209	14/02/16	City of Liverpool Splash & Dash	Liverpool	NW160223	3
50 Butterfly	44.22	43.80	168	14/02/15	City of Liverpool Splash"N"Dash 50n Sprints	Liverpool	NW150411	3
50 Backstroke	42.93	42.50	244	14/02/16	City of Liverpool Splash & Dash	Liverpool	NW160223	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.20	34.80	301	15/10/16	Conwy County Aquatics Autumn Meet	Llandudno	WL161655	2
100 Freestyle	1:15.06	1:16.20	300	18/10/15	Conwy County Aquatics Autumn Meet	Llandudno	WL150714	2
200 Freestyle	2:41.16	2:43.30	320	29/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
400 Freestyle	5:50.16	5:54.20	288	19/06/16	Bebington Club Championships	Bebington	NW160512	4
800 Freestyle	13:06.96	13:14.30	223	30/11/14	Peninsular Group of Swimming Clubs Championships	Birkenhead	NW4558	3
50 Breaststroke	48.38	49.00	201	18/10/15	Conwy County Aquatics Autumn Meet	Llandudno	WL150714	2
100 Breaststroke	1:42.78	1:44.00	223	04/06/16	Bebington Club Championships	Bebington	NW160511	4
50 Butterfly	42.01	42.50	195	17/10/15	Conwy County Aquatics Autumn Meet	Llandudno	WL150714	2
100 Butterfly	1:34.84	1:35.60	185	17/10/15	Conwy County Aquatics Autumn Meet	Llandudno	WL150714	2
200 Butterfly	3:33.96	3:35.40	174	19/06/16	Bebington Club Championships	Bebington	NW160512	4
50 Backstroke	39.31	39.80	265	26/06/16	Peninsular Age Group Galas	Birkenhead	NW161191	4
100 Backstroke	1:22.82	1:23.80	291	04/06/16	Bebington Club Championships	Bebington	NW160511	4
200 Backstroke	2:58.61	3:00.50	295	18/06/16	Bebington Club Championships	Bebington	NW160512	4
200 Individual Medley	3:06.99	3:09.10	276	28/05/16	Swim Conwy Whitsun Meet	Llandudno	WL160858	2
400 Individual Medley	6:59.62	7:03.80	234	20/06/15	Bebington Club Championships	Bebington	NW150539	4
100 Individual Medley	1:30.12	1:30.10	246	26/06/16	Peninsular Age Group Galas	Birkenhead	NW161191	4