

Individual Best Times (All Time)

Katie Appleby - (1138988) - Telford Aqua

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.25	35.70	276	13/07/19	City of Bristol LC L3 Summer Festival Meet	Hengrove LC	SW191995	3
200 Freestyle	2:49.90	2:47.80	293	13/07/19	City of Bristol LC L3 Summer Festival Meet	Hengrove LC	SW191995	3
50 Breaststroke	47.25	46.60	235	13/07/19	City of Bristol LC L3 Summer Festival Meet	Hengrove LC	SW191995	3
100 Butterfly	1:25.89	1:25.00	269	25/07/21	West Midlands Region Festival of Swimming 2021	Coventry	WM210217	1
200 Butterfly	3:14.61	3:13.00	245	25/07/21	West Midlands Region Festival of Swimming 2021	Coventry	WM210217	1
200 Individual Medley	3:09.02	3:06.90	297	13/07/19	City of Bristol LC L3 Summer Festival Meet	Hengrove LC	SW191995	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.07	32.70	365	17/12/21	Telford Aqua SC December County Qualifier TT	Wellington	WM211466	4
100 Freestyle	1:13.93	1:15.10	314	21/11/21	Wyre Forest SC Back on the Blocks 2021	Wolverhampton	WM210924	3
200 Freestyle	3:05.00	3:06.90	211	19/05/21	Telford Aqua	Oakengates	LEX1203	0
400 Freestyle	6:29.00	6:32.60	210	19/05/21	Telford Aqua	Oakengates	LEX1203	0
800 Freestyle	13:13.00	13:20.30	218	21/05/21	Telford Aqua	Oakengates	LEX1206	0
50 Breaststroke	43.77	44.50	272	03/10/21	Telford Aqua SC Club Championships	Wolverhampton	WM211017	4
100 Breaststroke	1:34.06	1:35.40	291	20/11/21	Wyre Forest SC Back on the Blocks 2021	Wolverhampton	WM210924	3
50 Butterfly	35.82	36.30	315	03/10/21	Telford Aqua SC Club Championships	Wolverhampton	WM211017	4
100 Butterfly	1:25.50	1:26.40	252	01/03/20	Crusader League Division 2 Gala 1 2020	Shrewsbury	WM200694	4
200 Butterfly	3:14.10	3:15.70	234	05/10/21	Telford Aqua SC Club Championships	Wolverhampton	WM211017	4
50 Backstroke	38.99	39.50	271	21/11/21	Wyre Forest SC Back on the Blocks 2021	Wolverhampton	WM210924	3
100 Backstroke	1:24.36	1:25.30	275	20/11/21	Wyre Forest SC Back on the Blocks 2021	Wolverhampton	WM210924	3
200 Individual Medley	2:55.00	2:57.20	337	02/10/21	Telford Aqua SC Club Championships	Wolverhampton	WM211017	4
400 Individual Medley	6:36.91	6:41.30	277	10/09/19	Telford Aqua Club Championships 2019	Wrekin College	WM192768	4
100 Individual Medley	1:21.43	1:21.40	334	20/11/21	Wyre Forest SC Back on the Blocks 2021	Wolverhampton	WM210924	3