

Individual Best Times (All Time)

Emma Affleck - (1510631) - Kettering Amateur Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	43.25	42.80	162	26/03/22	Corby ASC Annual LC Open Meet	Corby	EM220112	3
100 Freestyle	1:16.85	1:15.80	304	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Freestyle	2:40.73	2:38.60	346	10/02/24	Northamptonshire ASA County Championships 2024	Corby	EM240158	1
400 Freestyle	5:37.11	5:32.90	340	28/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1
800 Freestyle	11:39.29	11:31.00	333	03/02/24	Northamptonshire ASA County Championships 2024	Corby	EM240157	1
1500 Freestyle	22:47.92	22:32.70	304	20/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240155	1
50 Breaststroke	48.53	47.90	216	24/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Breaststroke	3:42.86	3:40.50	235	27/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1
50 Butterfly	47.78	47.40	133	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
50 Backstroke	49.96	49.60	155	27/03/22	Corby ASC Annual LC Open Meet	Corby	EM220112	3
100 Backstroke	1:31.75	1:30.90	243	27/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1
200 Backstroke	3:05.43	3:03.60	292	23/03/24	Corby ASC Annual LC Open Meet 2024	Corby	EM240206	3
200 Individual Medley	3:14.05	3:12.00	274	27/01/24	Northamptonshire ASA County Championships 2024	Corby	EM240156	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.29	35.90	274	27/04/24	Leicester & District SL Winter League 2024 R3	Rugby	EM241170	4
100 Freestyle	1:16.70	1:17.80	281	18/11/23	Co Lincoln Pentaqua & Deepings Joint Club Champs	Grantham	EM232371	3
200 Freestyle	2:43.99	2:46.10	304	03/12/23	Bassetlaw SS 5th Open Meet 2023	Worksop	EM231129	3
400 Freestyle	5:46.46	5:50.50	297	12/11/23	Grantham SC Long Distance Time Trial 2023	Grantham	EM231368	3
50 Breaststroke	50.61	51.20	176	25/11/23	Co Lincoln Pentaqua & Deepings Joint Club Champs	Grantham	EM232372	3
100 Breaststroke	1:44.96	1:46.20	209	07/10/23	Deepings SC Rob Welbourn Open Meet 2023	Grantham	EM230682	3
200 Breaststroke	3:40.37	3:42.80	227	07/10/23	Deepings SC Rob Welbourn Open Meet 2023	Grantham	EM230682	3
50 Butterfly	43.84	44.30	171	03/06/23	City of Peterborough Mini Meet 2023	Peterborough	ER230281	3
50 Backstroke	40.64	41.10	239	07/10/23	Deepings SC Rob Welbourn Open Meet 2023	Grantham	EM230682	3
100 Backstroke	1:28.69	1:29.60	237	25/11/23	Co Lincoln Pentaqua & Deepings Joint Club Champs	Grantham	EM232372	3
200 Backstroke	3:03.46	3:05.30	272	08/10/23	Deepings SC Rob Welbourn Open Meet 2023	Grantham	EM230682	3
200 Individual Medley	3:16.68	3:18.70	237	11/06/23	Lincoln Vulcans & Grantham Short Course L3 Meet 23	Grantham	EM230853	3
100 Individual Medley	1:31.15	1:31.20	238	07/10/23	Deepings SC Rob Welbourn Open Meet 2023	Grantham	EM230682	3