

Individual Best Times (All Time)

Kirsty Aldis - (6247) - Deal Tri Masters Swim Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.35	31.70	388	25/03/00	Kent County Championships	Crystal Palace	CTY077	1
100 Freestyle	1:10.99	1:09.80	386	13/05/00	Beckenham Open	Crystal Palace	DMS050	1
50 Breaststroke	40.24	39.40	380	19/05/02	Beckenham Open Meet 2002	Crystal Palace	DMS107	1
100 Breaststroke	1:26.54	1:25.10	406	02/05/99	SCASA Championships	Crystal Palace	SOU001	1
200 Breaststroke	3:12.84	3:10.10	362	02/07/00	Southern Counties Age Groups	Crystal Palace	SOU010	1
100 Backstroke	1:20.32	1:19.30	363	02/05/99	SCASA Championships	Crystal Palace	SOU001	1
200 Backstroke	2:55.07	2:53.20	347	24/06/00	Southern Counties Age Groups	Crystal Palace	SOU010	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.27	31.90	394	10/03/01	Kent County Championships	Various	CTY128	2
100 Freestyle	1:08.14	1:09.40	401	05/02/00	East Invicta Championships	Canterbury	DMS036	2
200 Freestyle	2:25.44	2:27.80	436	03/03/01	Kent County Championships	Various	CTY128	2
400 Freestyle	5:13.45	5:17.90	401	26/02/00	Kent County Championships	Various	CTY076	2
50 Breaststroke	38.51	39.30	399	14/03/04	Kent County Championships 2004	Various	CCS014	2
100 Breaststroke	1:23.36	1:24.90	418	12/03/05	Kent County Championships	Gillingham	CCS544	2
200 Breaststroke	3:01.80	3:04.70	405	05/02/00	East Invicta Championships	Canterbury	DMS036	2
100 Butterfly	1:27.36	1:28.20	236	10/02/01	East Invicta Champs Gala 1-6	Canterbury	DMS064	2
50 Backstroke	34.78	35.40	382	09/03/02	Kent County SC Championships	Various	CTY185	2
100 Backstroke	1:15.89	1:16.90	378	06/03/05	Kent County Championships	Gillingham	CCS544	2
200 Backstroke	2:43.70	2:45.70	383	10/03/01	Kent County Championships	Various	CTY128	2
200 Individual Medley	2:48.12	2:50.50	380	18/06/00	Cranleigh Long Distance Meet	Cranleigh	DMS055	2