

Individual Best Times (All Time)

Keira Essam - (1343842) - Swindon Dolphin ASC

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	License	Level
50 Freestyle	33.15	330	30/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
100 Freestyle	1:20.56	242	01/12/18	Tigersharks Last Chance L2 Open Meet	Swindon	SW180108	2
200 Freestyle	2:40.93	323	30/03/19	Swindon Dolphin Regional Qualifying Meet	Swindon	SW190058	3
400 Freestyle	6:22.85	229	29/09/18	Swindon Dolphin Club Champs 2018	The Link Centre	SW181541	4
50 Breaststroke	45.23	253	20/04/19	Weston-Super-Mare 17th Easter Open Meet	Hutton Moor	SW190142	3
100 Breaststroke	1:51.40	175	30/09/18	Swindon Dolphin Club Champs 2018	The Link Centre	SW181541	4
200 Breaststroke	3:52.02	195	01/12/18	Tigersharks Last Chance L2 Open Meet	Swindon	SW180108	2
50 Butterfly	37.17	282	14/04/19	Gloucester City Spring Level 2 & 3 Open Meet	Gloucester	SW190280	2
100 Butterfly	1:39.66	164	01/12/18	Tigersharks Last Chance L2 Open Meet	Swindon	SW180108	2
50 Backstroke	37.56	319	17/03/19	Tigersharks Spring L2 & L3 Graded Open Meet	Swindon	SW190060	2
100 Backstroke	1:23.76	283	17/03/19	Tigersharks Spring L2 & L3 Graded Open Meet	Swindon	SW190060	2
200 Backstroke	2:55.75	312	17/03/19	Tigersharks Spring L2 & L3 Graded Open Meet	Swindon	SW190060	2
200 Individual Medley	3:27.68	202	29/09/18	Swindon Dolphin Club Champs 2018	The Link Centre	SW181541	4
400 Individual Medley	6:53.85	244	30/09/18	Swindon Dolphin Club Champs 2018	The Link Centre	SW181541	4
100 Individual Medley	1:29.38	252	01/12/18	Tigersharks Last Chance L2 Open Meet	Swindon	SW180108	2