

Individual Best Times (Masters)

Kirsten Alfredson - (1323995) - Tonbridge SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	34.92	309	08/06/18	British Masters Championships 2018	Plymouth	MAS769	0
100 Freestyle	1:23.27	239	21/01/17	SER Long Course Masters 2017	Crawley	MAS658	0
200 Freestyle	3:18.79	182	22/01/22	South East Open LC Masters	K2 Crawley	MAS937	0
50 Breaststroke	48.43	218	18/01/20	SSE LC Masters 2020	Crawley	MAS897	0
200 Breaststroke	3:49.24	216	20/01/18	Swim South East LC Masters 2018	Crawley	MAS733	0
50 Butterfly	38.11	263	21/01/17	SER Long Course Masters 2017	Crawley	MAS658	0
100 Butterfly	1:37.37	184	21/01/17	SER Long Course Masters 2017	Crawley	MAS658	0
50 Backstroke	45.72	202	22/01/22	South East Open LC Masters	K2 Crawley	MAS937	0
100 Backstroke	1:42.47	175	19/01/20	SSE LC Masters 2020	Crawley	MAS897	0
200 Individual Medley	3:24.64	234	09/06/18	British Masters Championships 2018	Plymouth	MAS769	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	34.93	282	24/06/18	Kent Masters 2018	Medway Park	MAS772	0
100 Freestyle	1:19.92	248	26/06/16	Kent Masters 2016	Gillingham	MAS618	0
200 Freestyle	3:12.15	189	06/10/18	SSE Short Course Masters 2018	Guildford	MAS796	0
400 Freestyle	6:44.32	187	19/05/19	Erith Masters Meet & Kent Long Distance Champs	Crook Log LC	MAS845	0
50 Breaststroke	46.20	231	24/06/18	Kent Masters 2018	Medway Park	MAS772	0
50 Butterfly	33.32	391	18/11/18	Swim England Masters Inter County Competition	Various	MAS811	0
100 Butterfly	1:33.06	195	25/06/17	Kent County Masters Meet	Gillingham	MAS684	0
50 Backstroke	44.50	182	01/10/22	SE South East Short Course Masters 2022	South East	MAS984	0
100 Backstroke	1:39.13	169	17/07/22	Kent County Masters Championships 2022	Gillingham	MAS970	0
200 Individual Medley	3:27.77	201	19/05/19	Erith Masters Meet & Kent Long Distance Champs	Crook Log LC	MAS845	0
100 Individual Medley	1:29.26	253	24/06/18	Kent Masters 2018	Medway Park	MAS772	0