

Individual Best Times (All Time)

Katie Lancaster - (1101235) - City of Linc Pentaqua SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.40	28.70	517	10/03/19	Nova Centurion March Sprint Meet 2019	Nottingham	EM190181	3
100 Freestyle	1:03.87	1:02.50	530	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
200 Freestyle	2:22.21	2:19.70	499	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	NE180380	1
400 Freestyle	5:18.28	5:13.80	404	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
50 Breaststroke	37.88	37.00	456	30/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
100 Breaststroke	1:23.77	1:22.30	448	21/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	EM170475	1
200 Breaststroke	3:00.52	2:57.60	442	14/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
50 Butterfly	31.59	31.00	462	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
100 Butterfly	1:12.75	1:11.70	443	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	EM171188	1
50 Backstroke	34.88	34.30	456	07/05/18	Swim England East Midland Championships 2018	Sheffield	EM180960	1
100 Backstroke	1:18.09	1:17.10	395	17/04/16	Lincoln Vulcans Long Course L1 Open Meet	Sheffield	EM160422	1
200 Backstroke	2:46.24	2:44.20	406	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	NE170151	1
200 Individual Medley	2:37.54	2:35.00	513	14/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1
400 Individual Medley	5:36.66	5:31.40	492	15/04/18	Swim England East Midland Championships 2018	Sheffield	EM180958	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.83	29.50	503	03/02/18	Lincolnshire County Championships 2018	Louth	EM180023	2
100 Freestyle	1:03.33	1:04.60	499	04/02/18	Lincolnshire County Championships 2018	Louth	EM180023	2
200 Freestyle	2:18.52	2:21.00	505	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
400 Freestyle	4:53.57	4:58.30	489	28/10/17	Lincoln Vulcans 400's Time Trials	Yarborough	EM172376	4
800 Freestyle	9:58.76	10:08.30	506	17/02/18	Lincolnshire County Championships 2018	Grantham	EM180024	2
50 Breaststroke	36.54	37.40	468	04/02/18	Lincolnshire County Championships 2018	Louth	EM180023	2
100 Breaststroke	1:19.39	1:21.00	484	03/02/18	Lincolnshire County Championships 2018	Louth	EM180023	2
200 Breaststroke	2:52.19	2:55.20	477	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
50 Butterfly	31.07	31.70	483	04/02/18	Lincolnshire County Championships 2018	Louth	EM180023	2
100 Butterfly	1:10.43	1:11.50	451	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
200 Butterfly	2:47.11	2:49.00	366	16/12/17	City of Leeds Xmas Meet 2017	Leeds	NE171857	3
50 Backstroke	33.09	33.70	444	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
100 Backstroke	1:12.77	1:13.90	429	10/02/19	Lincolnshire County Championships 2019	Grantham	EM190239	2
200 Backstroke	2:38.89	2:41.00	419	04/02/17	Lincolnshire County Championships 2017	Louth	EM170027	2
200 Individual Medley	2:31.96	2:34.50	515	03/02/18	Lincolnshire County Championships 2018	Louth	EM180023	2
400 Individual Medley	5:22.73	5:28.10	516	21/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
100 Individual Medley	1:10.53	1:10.50	514	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2