

Individual Best Times (All Time)

Laura Wilson - (1106683) - Watford SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.74	36.30	264	23/11/14	Watford MD & Sprints Open Meet	Watford	ER4664	3
100 Freestyle	1:21.17	1:22.20	237	04/10/14	Harpenden Legacy Meet	Borehamwood	ER4513	3
200 Freestyle	3:00.69	3:02.60	227	01/10/14	Watford SC Club Championships Distance 2014	Watford	ER14196	4
400 Freestyle	7:14.13	7:17.40	151	03/10/13	Watford SC Club Champs Middle Distance	Watford	ER3900	4
50 Breaststroke	45.75	46.40	238	23/11/14	Watford MD & Sprints Open Meet	Watford	ER4664	3
100 Breaststroke	1:46.23	1:47.40	202	16/07/14	Watford SC Club Championships Sprints 2014	Watford	ER4867	4
200 Breaststroke	3:59.90	4:02.10	176	05/10/13	Watford SC Club Champs Middle Distance	Watford	ER3900	4
50 Butterfly	41.31	41.80	205	19/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
50 Backstroke	42.27	42.70	213	18/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
100 Backstroke	1:29.10	1:30.00	233	04/10/14	Harpenden Legacy Meet	Borehamwood	ER4513	3
200 Backstroke	3:13.89	3:15.60	230	19/10/14	Hemel Hempstead SC 101st Birthday Open	Hemel Hempstead	ER4170	3
200 Individual Medley	3:24.07	3:26.00	212	09/10/14	Watford Club Championships	Watford	ER14197	4
400 Individual Medley	8:08.83	8:12.40	148	02/10/13	Watford SC Club Champs Middle Distance	Watford	ER3900	4
100 Individual Medley	1:32.76	1:32.80	226	18/06/14	Watford SC Club Championships Sprints 2014	Watford	ER4865	4