

Individual Best Times (All Time)

Lauren Outridge-Needs - (1107306) - Farnham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:17.90	1:16.80	292	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
400 Freestyle	6:09.61	6:05.80	258	02/03/14	British Gas Surrey Age Group Championships	Guildford	CC4050	1
50 Butterfly	39.76	39.30	231	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Backstroke	3:10.35	3:08.60	270	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
200 Individual Medley	3:12.14	3:10.10	282	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.98	34.60	307	08/11/14	NASL2014 Round 2	Horsham	LR14631	3
100 Freestyle	1:18.18	1:19.20	265	23/11/14	Farnham Club Championships	Farnham	SE14253	4
200 Freestyle	2:44.97	2:47.10	298	02/11/14	Farnham Club Championships	Farnham	SE14248	4
400 Freestyle	5:56.20	6:00.10	273	25/11/14	Farnham Club Championships	Farnham	SE14254	4
800 Freestyle	12:39.06	12:46.70	248	16/11/14	Farnham Club Championships	Farnham	SE14251	4
50 Breaststroke	50.15	50.80	181	09/11/14	Farnham Club Championships	Farnham	SE14249	4
100 Breaststroke	1:55.83	1:56.90	156	09/11/14	Farnham Club Championships	Farnham	SE14249	4
50 Butterfly	39.99	40.50	226	09/11/14	Farnham Club Championships	Farnham	SE14249	4
100 Butterfly	1:42.72	1:43.50	145	23/11/14	Farnham Club Championships	Farnham	SE14253	4
50 Backstroke	39.68	40.20	257	13/12/14	NASLS2014 Round Three	Southampton	LR14709	3
100 Backstroke	1:26.33	1:27.30	257	11/10/14	National Swimming Arena South 2014 R1	Waterlooville	LR14185	3
200 Backstroke	3:10.81	3:12.60	242	02/11/14	Farnham Club Championships	Farnham	SE14248	4
200 Individual Medley	3:10.62	3:12.70	261	09/11/14	Farnham Club Championships	Farnham	SE14249	4
400 Individual Medley	7:04.68	7:08.80	226	11/11/14	Farnham Club Championships	Farnham	SE14250	4
100 Individual Medley	1:31.56	1:31.60	235	02/11/14	Farnham Club Championships	Farnham	SE14248	4