

Individual Best Times (All Time)

Lauren Hope - (1107428) - Alnwick Dolphin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:23.15	1:22.10	240	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
400 Freestyle	6:42.01	6:38.50	200	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3
200 Individual Medley	3:25.41	3:23.50	231	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	NE3822	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.61	35.20	290	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4
100 Freestyle	1:13.57	1:14.70	318	08/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
200 Freestyle	2:47.28	2:49.30	286	08/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
800 Freestyle	13:26.39	13:33.60	207	12/11/13	Alnwick Dolphins 800 & 1500 Time Trials	Didcot	NE3994	4
50 Breaststroke	45.41	46.10	243	07/09/13	South Tyneside ASC Autumn Meet	Hebburn	NE3829	3
100 Breaststroke	1:43.58	1:44.80	218	27/04/13	Chester Le Street Open Meet	Stanley	NE3317	3
200 Breaststroke	3:48.89	3:51.20	203	15/06/13	Alnwick Dolphins Time Trials & Club Champs	Alnwick	NE3517	4
50 Butterfly	40.02	40.50	226	16/03/14	Derwentside ASC Development Meet	Stanley	NE4136	3
100 Butterfly	1:27.96	1:28.80	232	11/07/15	Alnwick Dolphins Club Championships	Alnwick	NE151006	4
100 Backstroke	1:29.06	1:30.00	234	08/03/15	Derwentside ASC Developmental 2015	Stanley	NE150720	3
200 Backstroke	3:06.81	3:08.60	258	11/07/15	Alnwick Dolphins Club Championships	Alnwick	NE151006	4
200 Individual Medley	3:17.22	3:19.20	235	16/03/14	Derwentside ASC Development Meet	Stanley	NE4136	3
100 Individual Medley	1:29.15	1:29.20	254	12/07/15	Alnwick Dolphins Club Championships	Alnwick	NE151006	4