

Individual Best Times (All Time)

Rebekah Lamb - (1151290) - Team Ipswich Swimming

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.62	36.20	266	13/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
100 Freestyle	1:18.02	1:19.10	267	20/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
200 Freestyle	2:49.91	2:51.90	273	19/03/16	Teamipswich March Open 2016	Ipswich	ER160137	3
50 Breaststroke	49.87	50.50	184	21/11/15	Teamipswich November Open 2015	Ipswich	ER151189	3
100 Breaststroke	1:44.74	1:45.90	211	22/11/15	Teamipswich November Open 2015	Ipswich	ER151189	3
200 Breaststroke	3:48.38	3:50.70	204	22/11/15	Teamipswich November Open 2015	Ipswich	ER151189	3
50 Backstroke	40.87	41.40	235	22/11/15	Teamipswich November Open 2015	Ipswich	ER151189	3
100 Backstroke	1:28.28	1:29.20	240	21/11/15	Teamipswich November Open 2015	Ipswich	ER151189	3
100 Individual Medley	1:32.35	1:32.30	229	22/11/15	Teamipswich November Open 2015	Ipswich	ER151189	3