

Individual Best Times (All Time)

Lewis Goulty - (1215478) - North Norfolk Vikings SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.84	26.10	472	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
100 Freestyle	58.26	56.80	520	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	EM240136	1
200 Freestyle	3:52.16	3:50.70	84	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3
50 Butterfly	32.18	31.60	331	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
50 Backstroke	53.27	52.90	86	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	ER4037	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.97	27.70	417	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich	ER231215	3
100 Freestyle	59.20	1:00.60	434	06/11/23	North Norfolk Vikings Club Championships 2023	Victory LC	ER231937	4
200 Freestyle	2:18.82	2:21.30	366	01/11/23	North Norfolk Vikings Club Championships 2023	Victory LC	ER231936	4
50 Breaststroke	55.45	56.00	91	04/09/16	Thetford Dolphins Nifty 50's	Thetford	ER161504	3
50 Butterfly	31.03	31.60	344	30/09/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
50 Backstroke	34.78	35.40	256	06/11/23	North Norfolk Vikings Club Championships 2023	Victory LC	ER231937	4
100 Backstroke	1:18.02	1:19.00	237	03/06/23	Swim England Norfolk Inter Club Gala 2023	Norwich	ER230890	2