

# Individual Best Times (All Time)

Lara Dillon - (1218435) - Halifax SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:24.85	1:23.90	226	10/03/19	Tean Jorvik Spring Festival 2019	Leeds	NE190333	3
50 Butterfly	45.45	45.00	155	30/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
50 Backstroke	44.30	43.80	222	30/06/19	City of Leeds Summer Meet 2019	Leeds	NE190131	3
100 Backstroke	1:34.77	1:33.90	221	10/03/19	Tean Jorvik Spring Festival 2019	Leeds	NE190333	3
200 Individual Medley	3:34.55	3:32.70	203	14/03/20	Jorvik Spring Festival	Leeds	NE200155	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.04	37.60	237	08/06/19	Team Jorvik Viking Sprints 2019 Three Grades Meet	Leeds	NE190332	3
100 Freestyle	1:22.19	1:23.20	228	19/05/19	Trafford Metro BSC 2019 Spring Open Meet	Sale	NW190486	3
50 Breaststroke	49.84	50.50	184	04/04/19	Halifax Club Galas & Time Trials	Halifax	NE190556	4
100 Breaststroke	1:56.19	1:57.30	154	05/09/19	Halifax Club Galas & Time Trials	Halifax	NE190561	4
50 Butterfly	43.69	44.10	173	23/05/19	Halifax Club Galas & Time Trials	Halifax	NE190557	4
50 Backstroke	45.91	46.30	166	19/12/19	Halifax Club Galas & Time Trials	Halifax	NE190563	4
100 Backstroke	1:40.06	1:40.90	165	11/07/19	Halifax Club Galas & Time Trials	Halifax	NE190558	4
200 Backstroke	3:35.41	3:37.00	168	13/02/20	Halifax Club Galas & Time Trials	Halifax	NE200727	4
200 Individual Medley	3:27.06	3:29.00	203	11/07/19	Halifax Club Galas & Time Trials	Halifax	NE190558	4
100 Individual Medley	1:33.79	1:33.80	218	08/06/19	Team Jorvik Viking Sprints 2019 Three Grades Meet	Leeds	NE190332	3