

Individual Best Times (All Time)

Alice King - (1236383) - Hadleigh and Sudbury Swimming Cl

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.92	33.30	337	31/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
50 Breaststroke	42.27	41.50	328	30/03/18	City of Norwich Easter Long Course Meet	Norwich	ER180144	1
100 Breaststroke	1:34.87	1:33.50	308	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	ER180457	3
50 Butterfly	38.10	37.60	263	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	ER180457	3
200 Individual Medley	2:56.97	2:54.70	361	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	ER180457	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.95	32.60	369	18/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182452	4
100 Freestyle	1:13.24	1:14.40	322	17/03/18	Team Ipswich March Open 2018	Ipswich	ER180342	3
200 Freestyle	2:37.13	2:39.30	345	10/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182451	4
400 Freestyle	5:29.81	5:34.00	344	16/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182452	4
800 Freestyle	11:39.71	11:47.90	317	25/11/18	WSSC Long Distance Meet 2018	Bury St Edmunds	ER182518	3
50 Breaststroke	40.28	41.10	349	18/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182452	4
100 Breaststroke	1:29.23	1:30.60	341	15/12/18	STOWMARKET NO FRILLS OPEN MEET	STOWMARKET	ER182522	3
200 Breaststroke	3:13.94	3:16.60	334	07/10/18	The Neate Meet 2018	Bury St Edmunds	ER180724	3
50 Butterfly	35.16	35.70	333	09/02/19	Suffolk County Championships 2019	Ipswich	ER190367	2
100 Butterfly	1:23.12	1:24.00	274	16/12/18	STOWMARKET NO FRILLS OPEN MEET	STOWMARKET	ER182522	3
200 Butterfly	3:14.32	3:15.90	233	10/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182451	4
50 Backstroke	36.69	37.20	325	18/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182452	4
100 Backstroke	1:22.85	1:23.80	290	18/11/17	Stowmarket Club Championships 2017	Stowmarket	ER172065	4
200 Backstroke	2:47.74	2:49.70	356	17/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182452	4
200 Individual Medley	2:50.32	2:52.60	366	06/10/18	The Neate Meet 2018	Bury St Edmunds	ER180724	3
400 Individual Medley	6:04.37	6:09.20	358	17/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182452	4
100 Individual Medley	1:16.68	1:16.70	400	17/11/18	Stowmarket Club Championships 2018	Stowmarket	ER182452	4