

Individual Best Times (All Time)

Alex Lincoln - (1267234) - Team Waveney Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:07.02	1:05.80	341	04/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
50 Breaststroke	40.40	39.60	265	04/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3
100 Backstroke	1:18.84	1:17.80	280	04/03/23	CONSC March LC Open Meet 2023	Sportspark	ER230010	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.33	30.00	324	24/11/23	Team Waveney Club Championships 2023	Waterlane LC	ER232294	4
100 Freestyle	1:05.40	1:06.70	322	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
50 Breaststroke	38.35	39.20	275	03/03/24	Deben SC March Meet 2024	Ipswich	ER240175	3
100 Breaststroke	1:29.25	1:30.70	237	20/11/23	Team Waveney Club Championships 2023	Waterlane LC	ER232290	4
50 Butterfly	36.64	37.20	209	03/03/24	Deben SC March Meet 2024	Ipswich	ER240175	3
50 Backstroke	33.00	33.60	300	15/10/23	Diss Otters Open Meet 2023	Norwich	ER231460	3
100 Backstroke	1:15.45	1:16.50	262	24/11/23	Team Waveney Club Championships 2023	Waterlane LC	ER232294	4
200 Individual Medley	3:10.25	3:12.30	191	05/12/21	St Felix & Team Waveney Last Chance Meet	St Felix	ER211201	4
100 Individual Medley	1:15.97	1:16.00	272	03/03/24	Deben SC March Meet 2024	Ipswich	ER240175	3