

Individual Best Times (All Time)

Natalia Cole - (1300808) - Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.15	30.50	435	23/04/22	2022 Wycombe Long Course Sprint Meet	Wycombe	SE220666	3
100 Freestyle	1:11.15	1:10.00	383	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
200 Freestyle	2:54.86	2:52.90	268	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
50 Breaststroke	44.51	43.80	281	23/04/22	2022 Wycombe Long Course Sprint Meet	Wycombe	SE220666	3
100 Breaststroke	1:50.28	1:49.10	196	29/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3
50 Butterfly	35.56	35.00	324	23/04/22	2022 Wycombe Long Course Sprint Meet	Wycombe	SE220666	3
100 Butterfly	1:24.77	1:23.90	280	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C	LR210141	1
50 Backstroke	37.99	37.50	353	23/04/22	2022 Wycombe Long Course Sprint Meet	Wycombe	SE220666	3
100 Backstroke	1:23.10	1:22.10	328	23/04/22	2022 Wycombe Long Course Sprint Meet	Wycombe	SE220666	3
200 Individual Medley	3:19.01	3:17.00	254	28/09/19	Lis Hartley Long Course Open Meet	K2 LC	SE190314	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.09	31.80	401	21/11/21	Kingston Royals The Royals Autumn Open Meet 2021	Walton-onThames	LR210720	3
100 Freestyle	1:09.70	1:10.90	374	22/05/22	Woking SC Octopus 2022	Woking	SE220687	3
200 Freestyle	2:33.46	2:35.70	371	21/11/21	Kingston Royals The Royals Autumn Open Meet 2021	Walton-onThames	LR210720	3
400 Freestyle	5:55.11	5:59.10	276	18/05/21	Leander	Ernest Bevin	LEX2659	0
800 Freestyle	12:39.50	12:47.10	248	19/05/21	Leander	Tooting	LEX3647	0
1500 Freestyle	24:03.00	24:17.30	249	19/05/21	Leander	Tooting	LEX3647	0
50 Breaststroke	46.28	47.00	230	31/10/20	Leander	Ernest Bevin	LEX958	0
100 Breaststroke	1:35.29	1:36.60	280	12/12/21	Woking SC December Dasher 2021	Woking	SE210931	3
200 Breaststroke	3:43.42	3:45.80	218	26/11/19	Leander Club Championships	London	LR193235	4
50 Butterfly	35.60	36.10	321	12/12/21	Woking SC December Dasher 2021	Woking	SE210931	3
100 Butterfly	1:22.56	1:23.50	280	22/05/22	Woking SC Octopus 2022	Woking	SE220687	3
50 Backstroke	37.15	37.70	313	21/11/21	Kingston Royals The Royals Autumn Open Meet 2021	Walton-onThames	LR210720	3
100 Backstroke	1:19.93	1:20.90	323	12/12/21	Woking SC December Dasher 2021	Woking	SE210931	3
200 Individual Medley	2:55.24	2:57.50	336	05/12/21	Guildford City SC County Qualifier	Spectrum LC	SE210874	3
100 Individual Medley	1:20.94	1:20.90	340	22/05/22	Woking SC Octopus 2022	Woking	SE220687	3