

Individual Best Times (All Time)

Elizabeth Crowe - (1420283) - Calverton and Bingham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Butterfly	3:36.40	3:34.90	178	05/02/23	Nottinghamshire ASA County Championships 2023	Nottingham	EM230410	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.75	33.40	343	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
100 Freestyle	1:10.44	1:11.60	363	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
200 Freestyle	2:41.50	2:43.60	318	18/06/23	Retford SC Annual Open Meet 2023	Sheffield	EM230492	3
400 Freestyle	5:47.63	5:51.70	294	12/11/23	Calverton and Bingham Club Championships 2023	Bingham	EM232301	4
800 Freestyle	12:19.21	12:27.00	269	10/12/23	Arnold SC Ernehale Distance Meet 2023	Hucknall	EM231759	3
50 Breaststroke	46.04	46.70	233	26/11/23	Calverton and Bingham Club Championships 2023	Bingham	EM232303	4
100 Breaststroke	1:34.74	1:36.10	285	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
200 Breaststroke	3:31.81	3:34.30	256	03/12/23	Nottinghamshire ASA Festive Frenzy 2023	Nottingham	EM231818	3
50 Butterfly	36.01	36.50	310	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3
100 Butterfly	1:33.54	1:34.40	192	12/11/23	Calverton and Bingham Club Championships 2023	Bingham	EM232301	4
200 Butterfly	3:22.48	3:24.00	206	03/12/23	Nottinghamshire ASA Festive Frenzy 2023	Nottingham	EM231818	3
50 Backstroke	41.88	42.40	219	13/11/22	Calverton & Bingham SC Club Championships 2022	Bingham	EM222316	4
100 Backstroke	1:25.82	1:26.80	261	16/09/23	Nottinghamshire ASA Stage 3 Gala 2023	Hucknall	EM230379	4
200 Individual Medley	3:07.64	3:09.70	273	26/11/23	Calverton and Bingham Club Championships 2023	Bingham	EM232303	4
100 Individual Medley	1:24.30	1:24.30	301	16/09/23	Nottinghamshire ASA Stage 3 Gala 2023	Hucknall	EM230379	4