

Individual Best Times (All Time)

Ronnie Lamble - (1433113) - Team Ipswich Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.73	41.20	125	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Freestyle	1:33.09	1:32.20	127	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Butterfly	59.55	59.20	52	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:36.26	1:35.40	154	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Backstroke	3:24.59	3:22.90	163	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Individual Medley	3:55.77	3:54.10	113	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.39	41.90	115	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
100 Freestyle	1:23.77	1:24.80	153	22/06/24	Teamipswich SC Club Champs 2024	Ipswich	ER240995	4
200 Freestyle	3:04.35	3:06.20	156	23/06/24	Teamipswich SC Club Champs 2024	Ipswich	ER240995	4
50 Breaststroke	53.92	54.50	99	17/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
100 Breaststroke	1:54.83	1:55.90	111	23/06/24	Teamipswich SC Club Champs 2024	Ipswich	ER240995	4
200 Breaststroke	4:17.06	4:19.10	102	16/03/24	Teamipswich SC The Mighty March Meet 2024	Ipswich	ER240266	3
50 Butterfly	44.84	45.30	114	22/06/24	Teamipswich SC Club Champs 2024	Ipswich	ER240995	4
50 Backstroke	45.98	46.40	111	07/04/24	Halstead Annual Open Meet	Braintree	ER240458	3
100 Backstroke	1:31.90	1:32.80	145	23/06/24	Teamipswich SC Club Champs 2024	Ipswich	ER240995	4
100 Individual Medley	1:39.12	1:39.10	122	22/06/24	Teamipswich SC Club Champs 2024	Ipswich	ER240995	4