

Individual Best Times (All Time)

Lucy Alexander - (1440039) - Harpenden Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.57	30.90	418	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
800 Freestyle	11:12.64	11:04.00	374	15/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3
1500 Freestyle	20:37.05	20:20.20	411	23/06/24	Team Luton Summer Long Course Meet 2024	Luton	ER240777	3
50 Breaststroke	42.84	42.10	315	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
50 Butterfly	35.43	34.90	327	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
50 Backstroke	38.28	37.80	345	02/03/24	Harpenden SC Frantic 50s 2024	St Albans	ER240268	3
200 Backstroke	3:10.77	3:09.00	268	16/07/22	Team Luton Summer Long Course Meet 2022	Luton	ER220185	3
200 Individual Medley	2:52.97	2:50.70	387	16/07/23	Team Luton Summer LC Meet 2023	Luton	ER230397	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.16	31.80	398	27/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240101	2
100 Freestyle	1:07.89	1:09.10	405	20/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2
200 Freestyle	2:20.12	2:22.60	487	15/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
400 Freestyle	5:02.48	5:07.10	447	16/03/24	Hatfield Regional Qualifier March 2024	Hatfield	ER240014	3
50 Breaststroke	42.24	43.00	302	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4
100 Breaststroke	1:32.76	1:34.10	303	10/12/23	Harpenden SC Last Chance County Qualifier 2023	St Albans	ER232352	3
200 Breaststroke	3:15.43	3:18.10	326	28/04/24	Harpenden SC Club Champs 2024	Harpenden	ER240507	4
50 Butterfly	34.84	35.40	342	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4
100 Butterfly	1:20.66	1:21.60	300	11/11/23	National Arena Swimming League - London 2023	Hatfield	ER231480	3
200 Butterfly	3:05.83	3:07.50	266	24/03/24	Harpenden SC Club Champs 2024	St Albans	ER240506	4
50 Backstroke	36.53	37.10	330	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4
100 Backstroke	1:17.50	1:18.50	355	28/04/24	Harpenden SC Club Champs 2024	Harpenden	ER240507	4
200 Backstroke	2:51.01	2:53.00	336	24/03/24	Harpenden SC Club Champs 2024	St Albans	ER240506	4
200 Individual Medley	2:43.31	2:45.70	415	15/06/24	Watford Terry Davies Legacy Meet 2024	Watford	ER240608	3
100 Individual Medley	1:18.10	1:18.10	378	10/02/24	Harpenden SC Club Champs 2024	Harpenden	ER240505	4