

Individual Best Times (All Time)

Lois Laws - (1458538) - Harlow Penguin SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.98	35.60	281	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
100 Freestyle	1:18.44	1:19.50	262	17/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	LR231413	3
200 Freestyle	2:48.63	2:50.70	279	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
400 Freestyle	5:57.81	6:01.70	270	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Breaststroke	49.59	50.20	187	16/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
100 Breaststroke	1:47.73	1:48.90	193	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Butterfly	41.16	41.60	207	15/06/24	Harlow Penguins 11th Eric Shepherd Meet 2024	Harlow	ER240914	3
100 Butterfly	1:31.20	1:32.00	208	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
50 Backstroke	44.11	44.60	187	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
100 Backstroke	1:36.59	1:37.40	183	09/12/23	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER231226	3
200 Backstroke	3:18.99	3:20.70	213	17/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	LR231413	3
200 Individual Medley	3:23.10	3:25.00	215	23/03/24	Harlow & Bishops Stortford 2024 Regional Qualifier	Harlow	ER240144	3
100 Individual Medley	1:38.57	1:38.60	188	19/11/23	Hitchin SC Open 2023	Borehamwood	ER230914	3