

# Individual Best Times (All Time)

Lily Woodward - (1482570) - Belper Marlin Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.06	34.50	305	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
100 Freestyle	1:18.39	1:17.30	287	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
200 Freestyle	2:51.73	2:49.70	283	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
100 Backstroke	1:37.32	1:36.50	204	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3
200 Individual Medley	3:21.08	3:19.10	246	02/03/24	Worksop Dolphins The Dukeries Open Meet 2024	Sheffield	EM240326	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.24	34.80	300	16/03/24	Derwent Swim Series Gala 2024	Alfreton	EM240049	4
100 Freestyle	1:15.66	1:16.80	292	19/05/24	Eckington Open Meet 2024	Eckington	EM240131	3
200 Freestyle	2:47.63	2:49.70	284	24/11/23	Belper Marlin SC Club Championships 2023	Alfreton	EM232269	4
400 Freestyle	5:55.01	5:59.00	276	17/11/23	Belper Marlin SC Club Championships 2023	Alfreton	EM232268	4
50 Breaststroke	52.89	53.50	154	15/04/23	Chesterfield SC Spring Open Meet 2023	Matlock	EM230592	3
100 Breaststroke	1:48.65	1:49.80	189	29/10/23	Belper Marlin The Ghoul in the Pool 2023	Matlock	EM231814	3
200 Breaststroke	4:00.12	4:02.30	176	19/11/23	Belper Marlin SC Club Championships 2023	Alfreton	EM232268	4
50 Butterfly	1:01.61	1:01.90	61	31/10/21	The Ghoul in the Pool	Matlock	EM211049	3
100 Butterfly	1:47.38	1:48.10	127	19/05/24	Eckington Open Meet 2024	Eckington	EM240131	3
50 Backstroke	44.12	44.60	187	02/07/23	Belper Marlin SC Summer Sprints 2023	Alfreton	EM231251	4
100 Backstroke	1:33.52	1:34.40	202	29/10/23	Belper Marlin The Ghoul in the Pool 2023	Matlock	EM231814	3
200 Backstroke	3:16.55	3:18.20	221	18/11/23	Belper Marlin SC Club Championships 2023	Alfreton	EM232268	4
200 Individual Medley	3:20.98	3:22.90	222	19/05/24	Eckington Open Meet 2024	Eckington	EM240131	3
100 Individual Medley	1:32.20	1:32.20	230	16/06/24	Retford SC 29th Annual Open Meet 2024	Sheffield	EM240918	3