

Individual Best Times (All Time)

Lola Mitchinson - (1599594) - Thetford Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.15	30.50	435	30/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
100 Freestyle	1:06.49	1:05.20	470	11/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Freestyle	2:31.08	2:28.80	416	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
400 Freestyle	6:13.51	6:09.70	250	29/01/23	Norfolk County Championships 2023	Norwich	ER230194	1
800 Freestyle	11:43.45	11:35.20	327	13/01/24	SE Norfolk County Championships 2024	Norwich	ER240126	1
50 Backstroke	34.04	33.40	491	06/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
100 Backstroke	1:13.43	1:12.30	475	12/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Backstroke	2:43.91	2:41.90	424	29/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
200 Individual Medley	2:55.66	2:53.40	370	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.74	31.40	415	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:04.06	1:05.40	482	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
200 Freestyle	2:32.08	2:34.30	381	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
400 Freestyle	5:23.51	5:27.80	365	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
800 Freestyle	11:59.06	12:07.10	292	15/09/23	Co Norwich SC Distance Meet 2023	Norwich	ER230422	3
50 Breaststroke	45.77	46.50	238	14/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
100 Breaststroke	1:40.96	1:42.20	235	12/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
200 Breaststroke	3:51.46	3:53.70	196	09/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
50 Butterfly	38.05	38.50	263	10/09/23	Thetford Dolphins SC Nifty 50s 2023	Thetford	ER231204	3
100 Butterfly	1:36.63	1:37.40	175	05/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231223	4
50 Backstroke	35.19	35.80	369	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
100 Backstroke	1:13.11	1:14.20	423	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Backstroke	2:40.17	2:42.20	409	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Individual Medley	2:58.20	3:00.40	319	02/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3
100 Individual Medley	1:20.26	1:20.30	349	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	ER231744	3