

Individual Best Times (All Time)

Lucie Cooper - (1620728) - Thetford Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.01	33.40	334	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Freestyle	1:21.00	1:20.00	260	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Freestyle	3:05.77	3:03.90	224	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Breaststroke	52.21	51.60	174	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich	ER230398	3
50 Butterfly	43.12	42.70	181	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Butterfly	1:48.53	1:47.80	133	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Backstroke	41.75	41.30	266	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:36.64	1:35.80	208	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Individual Medley	3:33.64	3:31.80	205	03/03/24	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	33.67	34.30	315	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:16.75	1:17.80	280	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	3:00.68	3:02.60	227	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Breaststroke	48.50	49.10	200	10/09/23	Thetford Dolphins SC Nifty 50s 2023	Thetford	ER231204	3
100 Breaststroke	1:54.01	1:55.10	163	12/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
50 Butterfly	40.77	41.20	213	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:46.81	1:47.50	129	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	41.28	41.80	228	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
100 Backstroke	1:34.61	1:35.50	195	09/10/23	Thetford Dolphins SC Club Championships 2023	Thetford	ER231224	4
200 Individual Medley	3:27.14	3:29.00	203	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:35.42	1:35.40	207	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3