

Individual Best Times (All Time)

Lexi Foster - (1631225) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.23	33.60	328	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Freestyle	1:16.73	1:15.60	306	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Freestyle	2:52.89	2:50.90	278	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
400 Freestyle	6:19.83	6:16.10	237	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	46.52	45.80	246	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Breaststroke	1:47.30	1:46.10	213	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Breaststroke	3:47.60	3:45.30	220	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
50 Butterfly	39.79	39.30	231	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Butterfly	1:38.34	1:37.60	179	04/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
50 Backstroke	40.50	40.00	291	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Backstroke	1:30.99	1:30.10	250	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Backstroke	3:07.72	3:05.90	282	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Individual Medley	3:15.37	3:13.30	269	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	34.35	35.00	297	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:14.81	1:15.90	303	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	2:48.30	2:50.40	281	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
400 Freestyle	6:44.06	6:47.50	187	15/07/23	West Norfolk Club Championships 2023	King's Lynn	ER231201	4
50 Breaststroke	48.00	48.70	206	15/10/23	Diss Otters Open Meet 2023	Norwich	ER231460	3
100 Breaststroke	1:44.66	1:45.90	211	15/10/23	Diss Otters Open Meet 2023	Norwich	ER231460	3
200 Breaststroke	3:43.42	3:45.80	218	01/10/23	Dereham and District ASC Icen Open 2023	Dereham	ER230657	3
50 Butterfly	39.42	39.90	236	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:37.29	1:38.10	171	03/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
200 Butterfly	3:44.45	3:45.90	151	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	39.50	40.00	261	03/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
100 Backstroke	1:28.04	1:29.00	242	02/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
200 Backstroke	3:03.75	3:05.60	271	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Individual Medley	3:10.42	3:12.50	262	02/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
100 Individual Medley	1:32.17	1:32.20	230	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3