

Individual Best Times (All Time)

Laci Bedford - (1643741) - Boston Amateur SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	42.24	42.70	159	06/04/24	Grantham SC Last Chance Regional Qualifier 2024	Grantham	EM240650	3
100 Freestyle	1:34.77	1:35.70	149	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	3:29.35	3:31.00	146	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Breaststroke	1:01.24	1:01.80	99	06/04/24	Grantham SC Last Chance Regional Qualifier 2024	Grantham	EM240650	3
100 Breaststroke	2:19.58	2:20.50	89	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Butterfly	1:00.02	1:00.30	67	21/10/23	Lincoln Vulcans SC & Louth SC Level 3 Meet 2023	Louth	EM231527	3
50 Backstroke	45.01	45.50	176	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Backstroke	1:36.71	1:37.50	182	06/04/24	Grantham SC Last Chance Regional Qualifier 2024	Grantham	EM240650	3
200 Backstroke	3:27.27	3:28.90	188	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Individual Medley	3:54.34	3:56.00	140	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:56.43	1:56.40	114	19/11/23	Boston Club Championships 2023	Boston	EM232460	4