

# Individual Best Times (All Time)

Elizabeth Litvinenko - (1649796) - West Norfolk Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.02	34.40	306	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:19.32	1:18.30	277	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Freestyle	2:54.81	2:52.80	269	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	45.91	45.20	256	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Breaststroke	1:43.20	1:42.00	239	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Breaststroke	3:46.70	3:44.30	223	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Butterfly	41.61	41.20	202	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Butterfly	1:37.30	1:36.50	185	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
50 Backstroke	41.94	41.50	262	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Backstroke	1:30.78	1:29.90	251	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Backstroke	3:11.41	3:09.70	266	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Individual Medley	3:14.50	3:12.50	272	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.38	37.00	250	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:20.34	1:21.40	244	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	2:52.59	2:54.60	261	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Breaststroke	45.98	46.70	234	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Breaststroke	1:46.32	1:47.50	201	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Breaststroke	3:46.28	3:48.60	210	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Butterfly	39.41	39.90	236	09/06/24	Swim England Norfolk Inter Club Gala 2024	Norwich	ER240910	2
100 Butterfly	1:40.63	1:41.40	154	03/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
200 Butterfly	3:36.78	3:38.20	167	25/02/24	SE Norfolk Warwick Thompson Memorial Gala 2024	Thetford	ER240454	3
50 Backstroke	41.17	41.70	230	03/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
100 Backstroke	1:30.68	1:31.60	221	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Backstroke	3:04.19	3:06.00	269	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Individual Medley	3:09.44	3:11.50	266	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:35.88	1:35.90	204	10/09/23	Thetford Dolphins SC Nifty 50s 2023	Thetford	ER231204	3