

# Individual Best Times (All Time)

## Marston Lawrence - (1655217) - Norwich Swan SC

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.01	39.50	142	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:29.28	1:28.30	144	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	49.48	48.80	144	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
100 Breaststroke	1:46.06	1:44.90	154	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Breaststroke	3:51.62	3:49.30	158	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Butterfly	51.81	51.40	79	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Butterfly	1:56.98	1:56.30	75	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	50.05	49.60	104	27/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
200 Individual Medley	3:31.68	3:29.80	156	23/06/24	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	39.58	40.10	132	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
100 Freestyle	1:32.20	1:33.10	115	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
50 Breaststroke	47.50	48.20	144	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
100 Breaststroke	1:44.90	1:46.10	146	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
200 Breaststroke	3:45.92	3:48.30	150	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
50 Butterfly	49.38	49.80	85	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
100 Butterfly	1:50.31	1:51.00	81	23/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
50 Backstroke	47.73	48.20	99	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3
100 Backstroke	1:43.46	1:44.20	101	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
200 Individual Medley	3:32.21	3:34.10	137	24/03/24	Norwich Swan Open Meet 2024	Norwich	ER240463	3
100 Individual Medley	1:37.22	1:37.20	130	30/06/24	Swim England Norfolk County Challenge 2024	Dereham	ER240999	3