

Individual Best Times (All Time)

Alexandra Cerps - (1657836) - West Norfolk Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.86	38.30	224	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
100 Freestyle	1:26.66	1:25.70	212	03/02/24	SE Norfolk County Championships 2024	Norwich	ER240128	1
200 Freestyle	3:07.79	3:05.90	217	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Breaststroke	51.25	50.60	184	28/01/24	SE Norfolk County Championships 2024	Norwich	ER240127	1
100 Breaststroke	1:52.93	1:51.80	183	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Breaststroke	4:12.40	4:10.30	161	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Butterfly	47.55	47.10	135	03/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Butterfly	1:49.25	1:48.50	130	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Butterfly	4:15.60	4:14.40	108	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
50 Backstroke	45.86	45.40	200	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
100 Backstroke	1:39.06	1:38.20	193	22/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	ER241058	3
200 Backstroke	3:29.74	3:28.10	202	02/03/24	City of Norwich March LC Open Meet 2024	Norwich	ER240009	3
200 Individual Medley	3:30.76	3:28.90	214	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	40.49	41.00	181	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Freestyle	1:31.27	1:32.20	166	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Freestyle	3:09.69	3:11.50	196	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Breaststroke	51.40	52.00	168	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Breaststroke	1:51.44	1:52.60	175	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Breaststroke	3:58.69	4:00.90	179	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Butterfly	45.68	46.10	152	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Butterfly	1:51.31	1:52.00	114	03/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
200 Butterfly	3:54.78	3:56.10	132	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
50 Backstroke	46.64	47.10	158	03/12/23	City of Peterborough Winter Meet 2023	Peterborough	ER231945	3
100 Backstroke	1:37.86	1:38.70	176	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Backstroke	3:20.66	3:22.30	208	16/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
200 Individual Medley	3:23.90	3:25.80	213	17/03/24	West Norfolk Open Meet 2024	King's Lynn	ER240029	3
100 Individual Medley	1:44.91	1:44.90	156	29/07/23	Norwich Swan & Great Yarmouth SC Summer Sprints	Norwich	ER231160	3