

Individual Best Times (All Time)

Emma Lord - (1681462) - Ramsbottom SC

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-------|----------|-------|
| 50 Freestyle | 42.87 | 43.40 | 153 | 16/03/24 | Ramsbottom Level 4 Development Gala 2024 | Bury | NW240702 | 4 |
| 50 Breaststroke | 59.52 | 1:00.00 | 108 | 16/03/24 | Ramsbottom Level 4 Development Gala 2024 | Bury | NW240702 | 4 |
| 50 Butterfly | 53.57 | 53.90 | 94 | 16/03/24 | Ramsbottom Level 4 Development Gala 2024 | Bury | NW240702 | 4 |
| 50 Backstroke | 46.30 | 46.70 | 162 | 16/03/24 | Ramsbottom Level 4 Development Gala 2024 | Bury | NW240702 | 4 |
| 100 Individual Medley | 1:53.13 | 1:53.10 | 124 | 16/03/24 | Ramsbottom Level 4 Development Gala 2024 | Bury | NW240702 | 4 |