

Individual Best Times (All Time)

Evan Lau - (1720027) - City of Birmingham SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.53	28.80	355	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Freestyle	1:07.50	1:06.20	334	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
200 Freestyle	2:32.79	2:30.50	297	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
400 Freestyle	5:24.87	5:20.50	310	04/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1
50 Breaststroke	36.62	35.80	355	06/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Breaststroke	1:25.73	1:24.20	292	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
200 Breaststroke	3:08.09	3:05.30	296	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
50 Butterfly	31.61	31.00	349	04/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Butterfly	1:11.93	1:10.90	324	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
50 Backstroke	34.73	34.10	311	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
100 Backstroke	1:16.34	1:15.30	308	30/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
200 Backstroke	2:45.16	2:43.10	311	31/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth	SE240108	1
200 Individual Medley	2:46.71	2:44.30	319	28/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.39	31.10	291	09/12/23	National Arena Swim League WM Premier Div Rd 3	Queens Diamond LC	WM231852	4
100 Freestyle	1:05.78	1:07.00	316	09/06/24	City of Birmingham Summer Meet 2024	Birmingham	WM240153	3
200 Freestyle	2:28.44	2:30.80	299	02/12/23	City of Coventry Winter Meet 2023	Coventry	WM231042	3
400 Freestyle	5:12.74	5:17.20	312	17/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
50 Breaststroke	35.58	36.50	344	09/06/24	City of Birmingham Summer Meet 2024	Birmingham	WM240153	3
100 Breaststroke	1:23.92	1:25.40	285	08/06/24	City of Birmingham Summer Meet 2024	Birmingham	WM240153	3
200 Breaststroke	3:00.70	3:03.60	294	09/06/24	City of Birmingham Summer Meet 2024	Birmingham	WM240153	3
50 Butterfly	32.37	33.00	303	08/06/24	City of Birmingham Summer Meet 2024	Birmingham	WM240153	3
100 Butterfly	1:13.65	1:14.70	273	09/06/24	City of Birmingham Summer Meet 2024	Birmingham	WM240153	3
50 Backstroke	34.58	35.20	261	17/12/23	Derby Excel Christmas Cracker Meet 2023	Derby	EM231879	3
100 Backstroke	1:14.40	1:15.50	274	08/06/24	City of Birmingham Summer Meet 2024	Birmingham	WM240153	3
200 Backstroke	2:42.18	2:44.20	276	17/03/24	Wolverhampton SC Spring Open Meet 2024	Wolverhampton	WM240184	3
200 Individual Medley	2:40.96	2:43.40	315	08/06/24	City of Birmingham Summer Meet 2024	Birmingham	WM240153	3
100 Individual Medley	1:15.23	1:15.20	281	09/06/24	City of Birmingham Summer Meet 2024	Birmingham	WM240153	3