

Individual Best Times (All Time)

Lise Aslangul - (1734935) - North Norfolk Vikings SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	41.07	41.60	174	20/04/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240056	4
100 Freestyle	1:47.57	1:48.30	101	06/11/23	North Norfolk Vikings Club Championships 2023	Victory LC	ER231937	4
50 Butterfly	46.94	47.30	140	20/04/24	West Norfolk SC Club Development Gala 2024	Kings Lynn	ER240056	4
50 Backstroke	59.21	59.60	77	06/11/23	North Norfolk Vikings Club Championships 2023	Victory LC	ER231937	4