

Individual Best Times (All Time)

Thomas Lambert - (178136) - Team Luton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.43	26.70	442	15/10/11	Lincoln Vulcans Open Meet	Sheffield	EM1237	1
100 Freestyle	59.07	57.60	499	28/07/10	British Gas Nat Age Grps	Sheffield	ASA101	1
200 Freestyle	2:08.99	2:06.30	494	01/05/11	BG East Region Championships	Norwich	ERX115	1
400 Freestyle	4:28.96	4:23.70	547	17/12/11	Northampton Winter Festival Open Meet	Corby	EM1466	1
800 Freestyle	9:18.50	9:08.10	530	05/06/10	BG East Region Bagcats	Norwich	ERX012	1
1500 Freestyle	19:40.62	19:23.00	401	14/06/08	East Region Bagcat Champs	Norwich	ERX812	1
50 Breaststroke	34.35	33.40	431	01/05/11	BG East Region Championships	Norwich	ERX115	1
100 Breaststroke	1:14.92	1:13.20	437	29/01/12	ASA Central Zone Meet	Corby	ZM2130	1
200 Breaststroke	2:41.35	2:38.00	470	28/01/12	ASA Central Zone Meet	Corby	ZM2130	1
50 Butterfly	29.38	28.70	435	01/05/11	BG East Region Championships	Norwich	ERX115	1
100 Butterfly	1:04.95	1:03.80	441	14/04/12	Radford SC 30th Open Meet	Sheffield	EM2132	1
200 Butterfly	3:25.67	3:24.10	154	14/04/06	Crawley Spring Meet	Crawley	SE6123	2
50 Backstroke	40.11	39.60	202	06/10/07	The Robin Hood Open	Sheffield	EM7163	2
100 Backstroke	1:09.23	1:08.10	414	02/04/11	Derventio Excel Open Meet	Sheffield	EM1083	1
200 Backstroke	2:35.32	2:33.20	374	29/01/12	ASA Central Zone Meet	Corby	ZM2130	1
200 Individual Medley	2:23.46	2:20.70	501	30/04/11	BG East Region Championships	Norwich	ERX115	1
400 Individual Medley	5:13.76	5:08.10	461	04/04/10	City of Norwich Easter Meet	Norwich	ER0186	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.60	27.40	435	22/01/12	Biggleswade Open Meet	Biggleswade	ER2056	3
100 Freestyle	57.50	58.90	474	22/05/11	Mid Beds Open Meet	Biggleswade	ER1132	2
200 Freestyle	2:02.73	2:05.50	530	21/05/11	Mid Beds Open Meet	Biggleswade	ER1132	2
400 Freestyle	4:17.52	4:22.90	559	21/05/11	Mid Beds Open Meet	Biggleswade	ER1132	2
800 Freestyle	9:01.88	9:12.40	547	06/03/10	Bedfordshire Champs	Biggleswade	CC0042	2
1500 Freestyle	16:54.81	17:14.90	581	25/11/11	City of Leicester Distance Meet	Braunstone	EM1321	2
50 Breaststroke	32.84	33.80	438	22/01/12	Biggleswade Open Meet	Biggleswade	ER2056	3
100 Breaststroke	1:11.56	1:13.30	460	03/12/11	BG East Region Winter Championships	Norwich	ERX129	2
200 Breaststroke	2:37.95	2:41.30	440	10/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
50 Butterfly	29.04	29.70	420	08/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
100 Butterfly	1:03.66	1:04.80	422	21/01/12	Biggleswade Open Meet	Biggleswade	ER2056	3
200 Butterfly	2:23.89	2:26.10	409	25/02/12	Bedfordshire County Championships	Biggleswade	CC2055	2
50 Backstroke	30.88	31.50	367	11/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
100 Backstroke	1:05.28	1:06.50	405	09/07/11	City of Norwich Midsummer Madness	Norwich	ER1131	3
200 Backstroke	2:18.99	2:21.40	438	22/05/11	Mid Beds Open Meet	Biggleswade	ER1132	2
200 Individual Medley	2:18.22	2:21.00	498	22/05/11	Mid Beds Open Meet	Biggleswade	ER1132	2
400 Individual Medley	4:58.31	5:04.10	487	27/11/11	City of Leicester Distance Meet	Braunstone	EM1321	2
100 Individual Medley	1:04.40	1:04.40	448	11/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2