

Individual Best Times (All Time)

Laura Millington - (225597) - Dinnaton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
800 Freestyle	10:57.44	10:48.60	400	19/01/13	ASA South West Region Open Meet	Plymouth	SW3203	1
200 Backstroke	2:57.29	2:55.40	335	27/11/11	Welsh Capital Open Meet	Cardiff	WAL394	1
200 Individual Medley	3:01.59	2:59.40	335	26/11/11	Welsh Capital Open Meet	Cardiff	WAL394	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.09	31.80	401	05/04/14	Devon County Sprint Gala 2014	Plymouth	SW4096	3
100 Freestyle	1:07.51	1:08.70	412	22/06/13	Devon County Development Gala 2013	Plymouth	SW3088	3
200 Freestyle	2:31.27	2:33.60	387	31/03/13	Weston-Super-Mare SC 11th Easter Open Meet	Weston	SW3269	3
400 Freestyle	5:15.68	5:20.10	393	05/10/14	The City of Plymouth ASA Annual Swim Meet 2014	Plymouth	SW14221	3
800 Freestyle	10:35.48	10:44.50	424	06/10/14	The City of Plymouth ASA Annual Swim Meet 2014	Plymouth	SW14221	3
50 Breaststroke	41.80	42.50	312	05/04/14	Devon County Sprint Gala 2014	Plymouth	SW4096	3
100 Breaststroke	1:36.56	1:37.90	269	07/04/12	Weston SC 10th Easter Open Meet	Weston-Super-Mare	SW2228	3
200 Breaststroke	3:21.55	3:24.20	297	04/10/14	The City of Plymouth ASA Annual Swim Meet 2014	Plymouth	SW14221	3
50 Butterfly	33.67	34.20	379	05/04/14	Devon County Sprint Gala 2014	Plymouth	SW4096	3
100 Butterfly	1:19.35	1:20.30	316	22/06/13	Devon County Development Gala 2013	Plymouth	SW3088	3
200 Butterfly	3:09.74	3:11.40	250	01/07/12	Devon County ASA Development Gala	Plymouth	SW2481	4
50 Backstroke	35.31	35.90	365	05/04/14	Devon County Sprint Gala 2014	Plymouth	SW4096	3
100 Backstroke	1:16.69	1:17.70	366	05/10/14	The City of Plymouth ASA Annual Swim Meet 2014	Plymouth	SW14221	3
200 Backstroke	2:43.45	2:45.50	385	22/06/13	Devon County Development Gala 2013	Plymouth	SW3088	3
200 Individual Medley	2:48.78	2:51.10	376	24/06/13	Devon County Development Gala 2013	Plymouth	SW3088	3
100 Individual Medley	1:17.39	1:17.40	389	05/10/13	City of Plymouth Annual Swim Meet	Plymouth	SW3733	3