

Individual Best Times (All Time)

Alexia Nabarro - (304618) - Putteridge Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.83	31.20	408	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
100 Freestyle	1:15.32	1:14.20	323	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
200 Freestyle	2:59.55	2:57.60	248	24/04/11	Radford Easter Open Meet	Sheffield	EM1235	1
800 Freestyle	11:27.11	11:18.60	351	02/03/13	Bedfordshire County Championships	Luton	CC3023	1
50 Butterfly	33.03	32.50	404	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Butterfly	1:14.47	1:13.40	413	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Butterfly	2:41.12	2:39.10	432	14/05/16	Team Luton May Long Course Meet	Luton	ER160180	1
50 Backstroke	37.60	37.10	364	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
100 Backstroke	1:18.77	1:17.70	385	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Backstroke	2:47.66	2:45.70	396	18/05/13	Northampton Spring Meet 2013	Corby	EM3321	1
200 Individual Medley	2:48.82	2:46.50	416	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.94	31.60	407	01/10/16	Putteridge 2016 Club Championships - Gala 2	Hitchin	ER161996	4
100 Freestyle	1:08.37	1:09.60	397	01/10/16	Putteridge 2016 Club Championships - Gala 2	Hitchin	ER161996	4
200 Freestyle	2:41.70	2:43.80	317	11/03/12	Bedfordshire County Championships	Biggleswade	CC2056	2
50 Breaststroke	43.22	43.90	282	21/12/14	City of Peterborough County Qualifier Open Meet	Peterborough	ER14344	3
100 Breaststroke	1:36.76	1:38.10	267	19/01/14	Biggleswade SC 15th Open Meet	Biggleswade	ER4051	3
200 Breaststroke	3:44.45	3:46.80	215	17/09/11	Biggleswade SC Club Championships	Biggleswade	ER1424	4
50 Butterfly	32.50	33.10	422	25/06/16	Putteridge 2016 Club Championship - Gala 1	Hitchin	ER161399	4
100 Butterfly	1:10.61	1:11.70	448	08/10/16	NASL London	Braintree	ER162313	3
200 Butterfly	2:35.48	2:37.50	455	19/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER160141	3
50 Backstroke	35.97	36.50	345	21/11/15	Golden Eagle Meet 2015	Bletchley	ER151726	2
100 Backstroke	1:16.34	1:17.40	371	11/07/15	Hatfield Summer Spectacle	Hatfield	ER151035	3
200 Backstroke	2:44.66	2:46.70	376	26/10/13	Flitwick Dolphins SC Open Meet	Biggleswade	ER3467	3
200 Individual Medley	2:38.44	2:40.90	454	25/06/16	Putteridge 2016 Club Championship - Gala 1	Hitchin	ER161399	4
400 Individual Medley	5:50.13	5:55.10	404	08/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2
100 Individual Medley	1:19.50	1:19.50	359	09/03/14	Bedfordshire Age Group & County Champs	Luton	CC4031	2