

Individual Best Times (All Time)

Laker Wong - (319539) - Kingsbridge Kingfishers SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.05	26.30	461	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
100 Freestyle	1:06.28	1:05.00	353	10/04/10	Avalon Spring Open Meet	Millfield	SW0127	3
200 Freestyle	2:18.65	2:16.10	398	19/06/10	BG South West Age Groups	Millfield	SWR006	1
50 Breaststroke	30.15	29.10	637	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent	LR150017	1
100 Breaststroke	1:06.55	1:04.60	624	07/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
200 Breaststroke	2:38.37	2:35.00	497	17/01/14	Geneva International Meet 2014	Geneva	GB4008	1
50 Butterfly	29.11	28.50	447	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
200 Individual Medley	2:22.65	2:19.90	510	03/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
400 Individual Medley	5:27.94	5:22.50	404	22/01/11	Exeter City New Year Long Course Meet	Cardiff	SW1049	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.95	26.70	468	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
100 Freestyle	1:11.84	1:13.00	243	19/07/08	Plymouth Leander Open	Plymouth	SW8383	3
200 Freestyle	2:05.09	2:07.80	501	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
400 Freestyle	5:11.07	5:15.60	317	01/03/09	Devon County Champs	Exeter	CC9051	2
50 Breaststroke	30.27	31.30	559	01/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
100 Breaststroke	1:06.46	1:08.30	575	02/03/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4029	2
200 Breaststroke	2:30.23	2:33.70	511	15/02/14	Devon County ASA 2014 Age Group Champs	Plymouth	CC4028	2
50 Butterfly	29.49	30.10	401	20/02/14	Devon County Championships	Plymouth	CC4030	2
100 Butterfly	1:04.39	1:05.60	408	28/06/15	Devon County Inter-Club Competition	Plymouth	SW150280	2
200 Butterfly	3:27.46	3:29.00	136	09/02/08	Devon County Champs	Plymouth	CC8092	2
50 Backstroke	32.95	33.60	302	09/11/18	Kingsbridge Kingfishers 2018 Club Championships	Kingsbridge	SW182325	4
100 Backstroke	1:11.32	1:12.40	311	10/11/18	Kingsbridge Kingfishers 2018 Club Championships	Kingsbridge	SW182325	4
200 Individual Medley	2:16.15	2:19.00	522	07/12/13	ASA SWR Short Course Championships	Millfield	SWR325	2
400 Individual Medley	5:01.63	5:07.40	471	20/02/14	Devon County Championships	Plymouth	CC4030	2
100 Individual Medley	1:01.96	1:02.00	503	19/02/14	Devon County Championships	Plymouth	CC4030	2