

Individual Best Times (All Time)

Lauren Wilson - (365315) - Boldmere Swimming and Water Polo

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.21	29.50	477	27/02/16	Warwickshire ASA Championships	Coventry	WM160090	1
100 Freestyle	1:03.98	1:02.70	527	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
200 Freestyle	2:16.46	2:13.90	565	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
400 Freestyle	4:45.94	4:41.00	557	16/05/15	Northampton Spring Festival	Corby	EM150349	1
800 Freestyle	9:55.23	9:45.40	540	15/05/15	Northampton Spring Festival	Corby	EM150349	1
50 Breaststroke	50.68	50.10	190	22/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
50 Butterfly	33.51	32.90	387	05/03/16	Warwickshire ASA Championships	Coventry	WM160091	1
100 Butterfly	1:09.09	1:08.00	517	07/03/15	Warwickshire County Championships and Age Group	Coventry	CC150055	1
200 Butterfly	2:31.25	2:29.10	522	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield	NE150212	1
50 Backstroke	34.67	34.10	465	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
100 Backstroke	1:15.17	1:14.10	443	05/03/16	Warwickshire ASA Championships	Coventry	WM160091	1
200 Backstroke	3:06.52	3:04.70	287	10/03/12	Warwickshire County Championships	Coventry	CC2006	1
200 Individual Medley	2:38.68	2:36.20	502	14/03/15	Warwickshire County Championships and Age Group	Coventry	CC150056	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.72	29.40	508	22/11/15	The Leicester Open Meet	Leicester	EM151050	2
100 Freestyle	1:01.14	1:02.50	555	17/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
200 Freestyle	2:10.63	2:13.30	602	22/11/15	The Leicester Open Meet	Leicester	EM151050	2
400 Freestyle	4:38.40	4:43.40	573	16/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
800 Freestyle	9:45.02	9:54.80	543	30/01/15	Boldmere Distance Time Trials	Stechford	WM150520	4
1500 Freestyle	19:02.02	19:20.00	503	23/01/15	Boldmere Distance Time Trials	Stechford	WM150516	4
50 Breaststroke	40.77	41.50	336	05/07/15	Boldmere Water Carnival	Stechford	WM150921	3
100 Breaststroke	1:26.69	1:28.10	372	26/09/15	Boldmere Club Championships	Boldmere	WM151335	4
200 Breaststroke	3:59.10	4:01.30	178	22/11/09	Boldmere Open Meet	Birmingham	WM9062	2
50 Butterfly	31.99	32.60	442	04/07/15	Boldmere Water Carnival	Stechford	WM150921	3
100 Butterfly	1:06.94	1:08.10	526	22/11/15	The Leicester Open Meet	Leicester	EM151050	2
200 Butterfly	2:26.57	2:28.70	543	21/11/15	The Leicester Open Meet	Leicester	EM151050	2
50 Backstroke	33.56	34.20	425	04/07/15	Boldmere Water Carnival	Stechford	WM150921	3
100 Backstroke	1:10.60	1:11.70	469	22/11/15	The Leicester Open Meet	Leicester	EM151050	2
200 Backstroke	2:33.26	2:35.40	467	18/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
200 Individual Medley	2:34.56	2:37.10	490	18/10/15	Boldmere SC Open Meet 2015	Boldmere	WM151336	3
400 Individual Medley	5:52.33	5:57.30	396	25/10/13	Worcester SC 17th Open Meet	Worcester	WM3767	3
100 Individual Medley	1:12.16	1:12.20	480	26/09/15	Boldmere Club Championships	Boldmere	WM151335	4