

Individual Best Times (All Time)

Lauren Burton - (393077) - Dereham & District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.45	27.70	571	09/03/12	British Gas Swimming Championships 2012	London	ASA116	1
100 Freestyle	1:01.27	59.90	601	01/05/16	ASA East Region Long Course Championships	Norwich	ER160820	1
200 Freestyle	2:12.26	2:09.60	621	28/07/16	British Summer Championships	Sheffield	ASA148	1
800 Freestyle	10:25.42	10:16.10	465	11/02/12	Norfolk County Championships	Norwich	CC2078	1
50 Butterfly	32.11	31.50	440	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	NE160174	1
100 Butterfly	1:13.97	1:12.90	421	10/07/16	ASA East Region Inter County Team Competition	Norwich	ER161409	1
50 Backstroke	33.27	32.70	526	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
100 Backstroke	1:10.55	1:09.40	536	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	ER150078	1
200 Backstroke	2:40.52	2:38.40	451	17/12/11	Northampton Winter Festival Open Meet	Corby	EM1466	1
200 Individual Medley	2:45.78	2:43.40	440	04/06/11	BG East Region Bagcat Championships	Norwich	ERX116	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.21	28.90	537	03/03/12	Norfolk County Championships	Thetford	CC2080	2
100 Freestyle	59.31	1:00.70	608	03/03/19	The Varsity Swimming Match 2019	Parkside Pools	ER191261	3
200 Freestyle	2:09.84	2:12.50	613	24/02/18	Oxford University The Varsity Swimming Match 2018	Oxford	SE180620	3
400 Freestyle	4:46.11	4:51.00	528	15/07/16	Dereham & District SC Roger Virgoe Level 3 2016	Dereham	ER161415	3
800 Freestyle	10:11.93	10:21.30	474	28/11/15	Dereham Otters Annual Gala	Dereham	ER152233	3
50 Breaststroke	38.86	39.70	389	01/03/15	Norfolk County Championships	Thetford	CC150389	2
100 Breaststroke	1:26.86	1:28.30	370	29/11/15	Dereham Otters Annual Gala	Dereham	ER152234	3
200 Breaststroke	3:06.55	3:09.40	375	18/07/16	Dereham & District Roger Virgoe Level 3 2016	Dereham	ER161416	3
50 Butterfly	31.90	32.50	446	21/02/16	Norfolk County Championships 2016	Thetford	ER160406	2
100 Butterfly	1:13.83	1:14.90	392	22/11/15	Dereham Otters Annual Gala	Dereham	ER152232	3
200 Butterfly	2:44.14	2:46.10	386	20/07/16	Dereham & District Roger Virgoe Level 3 2016	Dereham	ER161416	3
50 Backstroke	32.30	32.90	477	06/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Backstroke	1:07.95	1:09.10	527	10/01/15	City of Cambridge Winter Open Short Course	Parkside	ER150184	2
200 Backstroke	2:30.64	2:32.80	492	28/02/15	Norfolk County Championships	Thetford	CC150389	2
200 Individual Medley	2:32.82	2:35.40	507	12/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
400 Individual Medley	5:23.11	5:28.50	514	13/07/16	Dereham & District SC Roger Virgoe Level 3 2016	Dereham	ER161415	3
100 Individual Medley	1:11.84	1:11.80	486	22/11/15	Dereham Otters Annual Gala	Dereham	ER152232	3