

Individual Best Times (All Time)

Lauren Grice - (397427) - Dunstable SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.26	27.50	583	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
100 Freestyle	1:01.55	1:00.20	592	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
200 Freestyle	2:14.53	2:11.90	590	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
400 Freestyle	4:45.21	4:40.20	562	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
800 Freestyle	10:24.07	10:14.70	468	08/03/14	Bedfordshire Age Group & County Champs	Luton	CC4032	1
50 Breaststroke	36.34	35.50	516	29/04/17	ASA East Long Course Championships	Luton	ER170219	1
100 Breaststroke	1:19.35	1:17.70	527	28/01/18	Bedfordshire 2018 Age Group & County Champs	Luton	ER180274	1
200 Breaststroke	2:56.95	2:53.90	469	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Butterfly	30.14	29.50	532	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Butterfly	1:06.39	1:05.20	583	02/07/17	ASAER Inter County Competition	Luton	ER170244	1
200 Butterfly	2:25.03	2:22.80	592	29/04/17	ASA East Long Course Championships	Luton	ER170219	1
50 Backstroke	32.13	31.50	584	05/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1
100 Backstroke	1:10.38	1:09.20	540	28/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Backstroke	2:31.60	2:29.40	535	29/01/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170118	1
200 Individual Medley	2:28.65	2:26.00	610	02/07/17	ASAER Inter County Competition	Luton	ER170244	1
400 Individual Medley	5:21.21	5:15.70	567	04/02/17	Bedfordshire ASA 2017 Age Group & County Champs	Luton	ER170119	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.41	29.10	525	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
100 Freestyle	59.93	1:01.30	589	16/06/17	Aylesbury Inter-Club Competition	Aylesbury	SE171027	4
200 Freestyle	2:08.67	2:11.30	630	18/12/16	BPSC Last Chance County Qualifier 2016	Basildon	ER160487	3
400 Freestyle	4:33.78	4:38.90	603	12/03/17	Mid Beds Swim Squad L2 Open Meet 2017	Biggleswade	ER170456	2
800 Freestyle	9:37.39	9:47.30	565	02/12/17	2017 BWSC Club Championships	Biggleswade	ER172200	4
1500 Freestyle	19:16.15	19:33.90	484	07/09/19	Biggleswade 2019 Club Championships	Saxon Pool	ER191862	4
50 Breaststroke	36.05	36.90	487	18/12/16	BPSC Last Chance County Qualifier 2016	Basildon	ER160487	3
100 Breaststroke	1:18.50	1:20.10	501	06/11/17	Leighton Buzzard Club Championships 2017	Leighton Buzzard	ER172380	4
200 Breaststroke	2:51.27	2:54.30	485	16/11/15	Leighton Buzzard SC 2015 Club Championships	Tiddenfoot	ER151696	4
50 Butterfly	30.13	30.80	529	26/09/15	Basildon & Phoenix Season Opener Meet	Basildon	ER150236	2
100 Butterfly	1:06.46	1:07.60	537	16/06/17	Aylesbury Inter-Club Competition	Aylesbury	SE171027	4
200 Butterfly	2:27.58	2:29.70	532	12/11/19	LBSC Club Championships 2019	Leighton Buzzard	ER193114	4
50 Backstroke	31.77	32.40	502	19/11/16	Leighton Buzzard Club Championships 2016	Leighton Buzzard	ER162127	4
100 Backstroke	1:08.94	1:10.10	504	11/11/19	LBSC Club Championships 2019	Tiddenfoot	ER193073	4
200 Backstroke	2:27.12	2:29.40	528	04/11/17	Leighton Buzzard Club Championships 2017	Leighton Buzzard	ER172378	4
200 Individual Medley	2:23.75	2:26.50	609	18/12/16	BPSC Last Chance County Qualifier 2016	Basildon	ER160487	3
400 Individual Medley	5:08.64	5:14.30	590	14/11/15	Leighton Buzzard SC 2015 Club Championships	Tiddenfoot	ER151694	4
100 Individual Medley	1:09.85	1:09.80	529	05/11/19	LBSC CLUB CHAMPIONSHIPS 2019	TIDDENFOOT	ER193069	4