

Individual Best Times (All Time)

Elise Lawrence - (412102) - City Of Oxford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.34	33.70	325	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	WL150512	3
100 Freestyle	1:22.35	1:21.30	247	14/01/12	Rushmoor Royals New Year Meet	Aldershot	SE2037	3
200 Freestyle	2:38.31	2:36.10	362	22/03/15	City of Cardiff Tiger Bay Meet	Cardiff	WL150509	3
50 Breaststroke	39.54	38.70	401	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
100 Breaststroke	1:25.69	1:24.20	419	12/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
200 Breaststroke	2:58.38	2:55.40	458	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
50 Butterfly	38.16	37.70	262	22/02/15	City of Cardiff Closed Invitational Meet	Cardiff	WL150512	3
50 Backstroke	36.32	35.80	404	10/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
100 Backstroke	1:16.48	1:15.40	421	10/04/16	City of Bristol International Open Meet	Bristol	SW160503	1
200 Backstroke	2:41.84	2:39.80	440	13/03/16	City of Cardiff Tiger Bay Meet	Cardiff	WL160202	3
200 Individual Medley	2:44.03	2:41.60	454	09/04/16	City of Bristol International Open Meet	Bristol	SW160503	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.56	33.20	349	27/09/15	City of Oxford Club Championships	Oxford	SE151429	4
100 Freestyle	1:12.25	1:13.40	336	03/10/15	City of Oxford Club Championships	Oxford	SE151430	4
200 Freestyle	2:39.21	2:41.40	332	20/04/13	30th City of Derby Licensed SC Open Meet	Derby	EM3033	3
400 Freestyle	5:24.01	5:28.30	363	04/10/14	City of Oxford Club Championships	Oxford	SE4473	4
800 Freestyle	11:15.77	11:24.30	352	26/09/15	City of Oxford Club Championships	Oxford	SE151429	4
50 Breaststroke	39.72	40.50	364	19/04/15	Ealing L3 April Open Meet 2015	Northolt	ER150129	3
100 Breaststroke	1:21.79	1:23.30	443	28/11/15	COSC L3 Open Meet	Oxford	SE151813	3
200 Breaststroke	2:53.42	2:56.40	467	29/11/15	COSC L3 Open Meet	Oxford	SE151813	3
50 Butterfly	38.44	38.90	255	25/09/15	City of Oxford Club Championships	Oxford	SE151429	4
50 Backstroke	35.22	35.80	368	26/11/16	City of Oxford L3 November Meet	Oxford	SE161774	3
100 Backstroke	1:14.44	1:15.50	400	29/11/15	COSC L3 Open Meet	Oxford	SE151813	3
200 Backstroke	2:38.22	2:40.30	424	08/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
200 Individual Medley	2:41.06	2:43.50	433	07/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	WL151588	2
100 Individual Medley	1:18.01	1:18.00	380	27/06/15	Maxwell Swim Club June 2015 L3 Meet	Aylesbury	SE151128	3