

# Individual Best Times (All Time)

Lois Moore - (425845) - Hemel Hempstead SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.52	27.80	567	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	ER150672	1
100 Freestyle	1:01.94	1:00.60	581	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
200 Freestyle	2:14.62	2:12.00	589	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
400 Freestyle	5:01.00	4:56.30	478	02/05/10	East Region Youth Champs	Norwich	ERX011	1
50 Butterfly	31.89	31.30	449	11/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
200 Butterfly	2:45.58	2:43.70	398	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
50 Backstroke	32.45	31.80	567	12/04/15	Team Luton April Long Course Meet	Luton	ER150341	1
200 Individual Medley	2:58.33	2:56.10	353	17/05/08	Bracknell & Wokingham Open	Aldershot	SE8118	2

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.82	28.60	559	07/12/14	ASA East Region Winter Championships	Luton	ERX432	2
100 Freestyle	59.35	1:00.70	606	07/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Freestyle	2:10.61	2:13.20	602	27/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151874	4
400 Freestyle	4:37.45	4:42.50	579	03/10/15	Maxwell Swim Club October 2015 L2 Meet	Aylesbury	SE151637	2
800 Freestyle	10:13.48	10:22.80	471	21/03/10	Hertfordshire Champs	Borehamwood	CC0020	2
50 Breaststroke	45.43	46.10	243	24/06/12	Hemel Hempstead Sprint Champs	Hemel Hempstead	ER2122	4
50 Butterfly	30.22	30.80	525	26/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151874	4
100 Butterfly	1:06.69	1:07.80	532	10/10/15	National Arena League-London Div1&2 Rounds123	Luton	ER152121	3
200 Butterfly	2:34.97	2:37.00	459	19/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151873	4
50 Backstroke	31.09	31.70	535	21/03/15	Hertfordshire County Championships	Borehamwood	CC150273	2
100 Backstroke	1:09.58	1:10.70	490	22/06/18	HHSC Club Championships	Hemel Hempstead	ER180676	4
200 Backstroke	2:44.23	2:46.30	379	11/03/09	Hertfordshire Champs	Borehamwood	CC9005	2
200 Individual Medley	2:35.72	2:38.20	479	20/09/15	Hemel Hempstead Club Championships	Hemel Hempstead	ER151873	4
100 Individual Medley	1:14.03	1:14.00	444	09/02/20	Alan Doyle Memorial Meet	Hemel Hempstead	ER200468	3