

# Individual Best Times (All Time)

Kie-Ren Lau - (447206) - Beckenham SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.84	26.10	472	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Freestyle	59.05	57.60	499	07/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
200 Freestyle	2:09.46	2:06.80	489	07/02/16	Kent Swimming Championships 2016	Crystal Palace	SE160330	1
400 Freestyle	4:44.26	4:39.30	464	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	SE4908	1
1500 Freestyle	19:25.93	19:08.10	416	27/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	36.84	36.00	349	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3
100 Breaststroke	1:21.51	1:19.90	339	31/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160329	1
200 Breaststroke	2:56.12	2:53.10	361	29/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Butterfly	32.28	31.70	328	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3
100 Butterfly	1:23.12	1:22.20	210	30/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	SE3342	1
50 Backstroke	31.10	30.40	434	14/02/16	Kent Swimming Championships 2016	London	SE160331	1
100 Backstroke	1:07.29	1:06.10	450	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	SE150139	3
200 Backstroke	2:24.09	2:21.80	468	09/04/16	London Region Summer Championships	London	LR160414	1
200 Individual Medley	2:30.81	2:28.20	431	05/04/15	Beckenham Easter International Open 2015	Crystal Palace	LR150437	1
400 Individual Medley	5:24.95	5:19.50	415	23/01/16	Kent Swimming Championships 2016	Crystal Palace	SE160328	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.84	27.60	423	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
100 Freestyle	57.39	58.80	476	21/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
200 Freestyle	2:05.07	2:07.80	501	08/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
400 Freestyle	4:33.91	4:39.00	465	06/12/14	London Region Winter Championships	London	LRX425	2
1500 Freestyle	18:45.37	19:03.60	426	05/01/15	Beckenham Club Championships 2014	Beckenham	LR150104	4
50 Breaststroke	35.94	36.80	334	22/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
100 Breaststroke	1:16.68	1:18.30	374	11/07/15	Hatfield Summer Spectacle	Hatfield	ER151035	3
200 Breaststroke	2:48.71	2:51.80	361	28/02/15	2015 Kent County Swimming Championships	Gillingham	CC150172	2
50 Butterfly	31.14	31.70	340	07/12/15	Beckenham Club Championships	Beckenham	LR151575	4
100 Butterfly	1:11.47	1:12.50	298	03/11/14	Beckenham Club Championships	Beckenham	LR14278	4
200 Butterfly	2:41.64	2:43.60	288	17/11/14	Beckenham Club Championships	Beckenham	LR14279	4
50 Backstroke	30.35	31.00	386	21/11/15	Aquae Sulis Grand Prix	Bristol	SW150917	2
100 Backstroke	1:04.72	1:05.90	416	08/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
200 Backstroke	2:19.04	2:21.40	438	08/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
200 Individual Medley	2:25.49	2:28.20	427	25/06/16	Bexley Short Course Open Meet	Bexleyheath	LR160176	2
400 Individual Medley	5:10.61	5:16.20	432	22/02/15	2015 Kent County Swimming Championships	Gillingham	CC150171	2
100 Individual Medley	1:07.97	1:08.00	381	04/01/16	Beckenham Club Championships	Beckenham	LR160073	4