

Individual Best Times (All Time)

Lisa Murphy - (481831) - Portsmouth Northsea SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.29	28.60	523	26/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	ER160218	1
100 Freestyle	1:03.21	1:01.90	547	03/06/12	British Gas ASA London Region AG Champs	Crystal Palace	LRX219	1
200 Freestyle	2:13.32	2:10.70	606	10/04/16	London Region Summer Championships	London	LR160414	1
400 Freestyle	4:36.65	4:31.50	615	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1
800 Freestyle	9:37.64	9:27.60	591	13/05/16	Northampton 2016 Long Course Spring Festival	Corby	EM160459	1
50 Breaststroke	40.68	39.90	368	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:48.00	1:46.80	209	10/07/10	Northampton Summer Meet	Corby	EM0635	4
200 Breaststroke	3:44.61	3:42.20	229	11/07/10	Northampton Summer Meet	Corby	EM0635	4
50 Butterfly	41.93	41.50	197	10/07/10	Northampton Summer Meet	Corby	EM0635	4
50 Backstroke	35.97	35.40	416	12/04/15	Killerwhales Mid Qualifying Meet	Basildon	LR150206	1
100 Backstroke	1:14.70	1:13.60	452	26/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	ER160218	1
200 Backstroke	2:44.64	2:42.60	418	22/04/12	London Schools ESSA Divisional Trials	London	LR2252	1
200 Individual Medley	2:36.10	2:33.60	527	10/04/16	London Region Summer Championships	London	LR160414	1
400 Individual Medley	5:53.07	5:48.10	426	09/06/12	British Gas ASA London Region AG Champs	Crystal Palace	LRX220	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.96	29.70	496	29/03/14	Essex County Age Groups Championships	Basildon	CC4042	2
100 Freestyle	1:01.76	1:03.10	538	15/03/14	Essex County Championships	Basildon	CC4040	2
200 Freestyle	2:11.41	2:14.00	591	14/11/15	Killerwhales Club Championships 2015	Basildon	LR151153	4
400 Freestyle	4:34.09	4:39.20	600	31/01/15	Essex County Age Group Championships 2015	Southend	CC150044	2
800 Freestyle	9:26.21	9:36.30	599	01/02/15	Essex County Age Group Championships 2015	Southend	CC150044	2
50 Breaststroke	39.36	40.20	374	14/11/15	Killerwhales Club Championships 2015	Basildon	LR151153	4
100 Breaststroke	1:27.63	1:29.10	360	06/07/13	Terry Fitzgerald Memorial Open Meet	Hastings	SE3108	3
200 Breaststroke	3:02.10	3:05.00	403	16/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
50 Butterfly	34.48	35.00	353	15/02/14	Essex County Age Groups Championships	Basildon	CC4039	2
100 Butterfly	1:19.54	1:20.50	313	11/01/14	Killerwhales last Chance County Qualifier	Grays	LR4069	3
50 Backstroke	34.25	34.80	400	19/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	LR150757	3
100 Backstroke	1:10.65	1:11.80	468	11/03/12	Essex County Championships Block B	Braintree	CC2059	2
200 Backstroke	2:33.52	2:35.70	465	14/11/15	Killerwhales Club Championships 2015	Basildon	LR151153	4
200 Individual Medley	2:32.68	2:35.20	508	07/11/15	ASA London Region Winter Short Course Championship	London	LR150872	2
400 Individual Medley	5:31.07	5:36.30	478	10/03/12	Essex County Championships Block B	Braintree	CC2059	2
100 Individual Medley	1:11.83	1:11.80	486	19/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	LR150757	3