

Individual Best Times (All Time)

Lauren Dzyra - (486156) - Dukinfield Marlins ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.14	27.40	590	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
100 Freestyle	1:00.89	59.50	612	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
200 Freestyle	2:17.47	2:14.90	553	21/12/14	CO Manchester Aquatics Manchester Snowpen	Manchester	NW4452	1
400 Freestyle	5:28.35	5:24.00	368	08/10/11	Borough of Stockton Swim Scheme Gala	Leeds	NE1439	1
50 Breaststroke	40.49	39.70	373	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3
100 Breaststroke	1:30.36	1:29.00	357	13/07/13	CO Manchester 1st Summer LC Open Meet	Manchester	NW3096	3
50 Butterfly	29.67	29.00	558	08/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
100 Butterfly	1:05.47	1:04.30	608	07/05/16	Manchester Open Meet 2016	Manchester	NW160171	1
200 Butterfly	2:22.32	2:20.10	626	10/04/16	Derwentio Excel 10th Open Meet 2016	Sheffield	EM160046	1
50 Backstroke	31.63	31.00	612	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160230	1
100 Backstroke	1:08.40	1:07.20	588	09/04/16	Derwentio Excel 10th Open Meet 2016	Sheffield	EM160046	1
200 Backstroke	2:28.75	2:26.50	567	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	NW160229	1
200 Individual Medley	2:31.24	2:28.60	579	07/06/15	2015 North West Regional Championships	Manchester	NW150103	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.64	28.40	570	07/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
100 Freestyle	58.71	1:00.10	627	29/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
200 Freestyle	2:13.36	2:15.90	565	28/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
400 Freestyle	5:07.33	5:11.90	426	02/07/11	Aquabears of Rochdale Open Summer Meet	Salford	NW1250	3
50 Breaststroke	37.22	38.10	442	26/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2
100 Breaststroke	1:21.37	1:22.90	450	16/11/13	Wigan BEST Future Stars Meet	Wigan	NW3720	1
50 Butterfly	29.82	30.40	546	22/10/16	Manchester International 2016	Manchester	NW161951	2
100 Butterfly	1:05.11	1:06.30	572	07/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
200 Butterfly	2:24.26	2:26.40	569	24/10/15	Manchester International Meet 2015	Manchester	NW151667	2
50 Backstroke	31.17	31.80	531	23/10/16	Manchester International 2016	Manchester	NW161951	2
100 Backstroke	1:06.04	1:07.20	574	08/11/15	ASA North West Region Winter Championships	Liverpool	NW151659	2
200 Backstroke	2:23.45	2:25.80	570	29/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
200 Individual Medley	2:27.87	2:30.50	559	28/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan	NW150862	2
100 Individual Medley	1:10.28	1:10.30	519	26/11/16	Wigan BEST Future Stars Open Meet	Wigan	NW161516	2