

# Individual Best Times (All Time)

Lauren Hanson - (513906) - Skipton Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.76	28.00	553	02/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
100 Freestyle	1:02.12	1:00.80	576	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
200 Freestyle	2:17.99	2:15.50	546	09/05/15	ASA North East Regional Championships	Sunderland	NE151022	1
400 Freestyle	5:12.74	5:08.20	426	16/02/13	Yorkshire Age Groups Open Championships	Leeds	CC3098	1
50 Breaststroke	36.67	35.80	502	10/05/15	ASA North East Regional Championships	Sunderland	NE151022	1
100 Breaststroke	1:21.39	1:19.80	489	05/02/17	Yorkshire SA County Championships	Leeds	NE170141	1
200 Breaststroke	3:05.30	3:02.40	409	14/06/14	ASA North East Region BG Regional AG Champs	Sheffield	NER423	1
50 Butterfly	30.21	29.60	528	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Butterfly	1:08.82	1:07.70	523	09/07/16	Richmond Dales Summer Madness Gala	Leeds	NE160287	3
200 Butterfly	2:41.61	2:39.60	428	23/02/14	Yorkshire SA County Championships	Leeds	CC4068	1
50 Backstroke	31.49	30.80	620	29/05/17	ASA North East Region Championships	Sunderland	NE170146	1
100 Backstroke	1:11.77	1:10.60	509	02/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
200 Individual Medley	2:34.16	2:31.60	547	06/02/16	Yorkshire County Championships	Leeds	NE160068	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.85	28.60	558	15/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
100 Freestyle	1:00.74	1:02.10	566	20/11/16	Stockport Metro November Open Meet	Stockport	NW160710	2
200 Freestyle	2:13.48	2:16.10	564	12/06/16	Harrogate Summer Meet	Harrogate	NE160246	3
400 Freestyle	5:02.32	5:06.90	447	27/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
50 Breaststroke	35.52	36.40	509	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
100 Breaststroke	1:18.62	1:20.20	499	05/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
200 Breaststroke	2:58.51	3:01.40	428	13/12/14	City of Bradford Level 3 Winter Meet	Shipley	NE14192	3
50 Butterfly	29.67	30.30	554	25/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3
100 Butterfly	1:07.83	1:08.90	505	21/11/15	ASANER Regional Senior & Youth Championships	Sunderland	NE151550	2
200 Butterfly	2:38.00	2:40.00	433	26/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
50 Backstroke	30.53	31.20	565	20/11/16	Stockport Metro November Open Meet	Stockport	NW160710	2
100 Backstroke	1:08.76	1:09.90	508	15/10/16	Yorkshire SA Winter Competition	Leeds	NE162072	2
200 Backstroke	2:39.61	2:41.70	413	27/04/14	Harrogate Spa Town Graded Meet	Harrogate	NE4181	3
200 Individual Medley	2:34.16	2:36.70	493	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
100 Individual Medley	1:08.75	1:08.80	555	25/09/16	York City Baths Autumn Swim Extravaganza	Leeds	NE161208	3