

# Individual Best Times (All Time)

Christopher Lambert - (515613) - City of Liverpool SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.14	23.30	649	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	NE230349	1
100 Freestyle	55.37	53.80	606	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
200 Freestyle	2:14.44	2:11.80	436	05/02/17	Nottingham ASA County Championships 2017	Nottingham	EM170341	1
400 Freestyle	4:53.63	4:48.80	420	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1
50 Breaststroke	34.07	33.10	441	29/02/20	City of Liverpool SC Splash & Dash	Wavertree	NW200341	3
100 Breaststroke	1:19.84	1:18.20	361	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1
50 Butterfly	25.82	25.10	641	17/03/24	City of Manchester International Swim Meet 2024	Manchester	NW240474	1
50 Backstroke	30.56	29.90	457	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
100 Backstroke	1:05.78	1:04.50	482	18/01/20	Nottinghamshire ASA County Championships 2020	Nottingham	EM200412	1
200 Backstroke	2:33.83	2:31.60	385	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	EM180321	1
200 Individual Medley	2:34.86	2:32.30	398	21/01/17	Nottingham ASA County Championships 2017	Nottingham	EM170340	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.40	24.30	639	18/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
100 Freestyle	52.47	54.00	624	19/11/23	BUCS Short Course Swimming Championships 2023	Sheffield	NE232392	2
200 Freestyle	2:03.91	2:06.70	515	29/10/17	Nottingham Leander Club Championships	Hucknall	EM172310	4
400 Freestyle	4:31.85	4:37.00	475	23/11/17	Nottingham Leander Club Championships	Harvey Hadden	EM172312	4
50 Breaststroke	33.46	34.40	414	07/07/19	Tony Holmes Annual Sprint Open Meet	Hucknall	EM191653	3
100 Breaststroke	1:18.35	1:19.90	351	29/10/17	Nottingham Leander Club Championships	Hucknall	EM172310	4
200 Breaststroke	2:50.80	2:53.90	348	18/11/17	Nottingham Leander Club Championships	Hucknall	EM172311	4
50 Butterfly	27.24	27.90	509	07/07/19	Tony Holmes Annual Sprint Open Meet	Hucknall	EM191653	3
100 Butterfly	1:12.88	1:13.90	281	18/11/17	Nottingham Leander Club Championships	Hucknall	EM172311	4
50 Backstroke	29.09	29.80	439	08/07/18	Tony Holmes Sprint Meet	Hucknall	EM180493	3
100 Backstroke	1:04.68	1:05.90	417	24/03/18	Notts ASA Stage 3 2018	Hucknall LC	EM180578	4
200 Backstroke	2:22.15	2:24.50	410	18/11/18	Nottingham Leander Club Championships	Hucknall	EM181614	4
200 Individual Medley	2:24.40	2:27.10	437	02/12/17	Nottingham Leander Club Championships	Hucknall	EM172313	4
100 Individual Medley	1:05.00	1:05.00	435	08/07/18	Tony Holmes Sprint Meet	Hucknall	EM180493	3