

Individual Best Times (All Time)

Nicola Pasquire - (533247) - Team Luton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.44	27.70	572	21/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
100 Freestyle	1:00.78	59.40	615	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Freestyle	2:09.83	2:07.10	656	27/01/13	ASA Central Region Zonal Competition	Corby	ZM3165	1
400 Freestyle	4:29.40	4:24.10	666	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	EM3281	1
800 Freestyle	9:14.03	9:03.50	669	17/11/13	Team Luton Autumn LC Open Meet	Luton	ER3665	1
50 Breaststroke	42.62	41.90	320	15/05/10	Rotherham Metro LC Meet	Sheffield	NE0074	1
100 Breaststroke	1:29.09	1:27.70	372	16/10/10	Lincoln Vulcans Open Meet	Sheffield	EM0278	1
200 Breaststroke	3:09.94	3:07.10	379	08/01/11	City of Derby 10th Long Course Open Meet	Sheffield	EM1029	1
50 Butterfly	31.47	30.90	467	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Butterfly	1:08.57	1:07.50	529	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Butterfly	2:26.75	2:24.60	571	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Backstroke	33.70	33.10	506	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Backstroke	1:09.16	1:08.00	569	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Backstroke	2:47.84	2:45.80	394	18/12/10	Plymouth Leander Open	Millfield	SW0807	1
200 Individual Medley	2:28.34	2:25.70	614	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
400 Individual Medley	5:16.48	5:10.90	592	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.40	28.20	586	22/03/14	Bedfordshire Age Group & County Champs	Luton	CC4033	2
100 Freestyle	59.15	1:00.50	613	14/11/15	National Arena League-London Div1&2 Rounds123	Luton	ER152122	3
200 Freestyle	2:05.20	2:07.90	683	03/03/13	Bedfordshire County Championships	Luton	CC3022	2
400 Freestyle	4:22.45	4:27.70	684	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
800 Freestyle	9:07.76	9:18.20	662	02/12/12	ASA East Region Winter Championships	Cambridge	ERX231	2
1500 Freestyle	17:53.79	18:12.80	605	04/01/15	Modernian Club Championships	Bedford	ER150188	4
50 Breaststroke	38.25	39.10	408	19/09/15	Team Luton Club Championships 2015 2016	Luton	ER152077	3
100 Breaststroke	1:20.30	1:21.90	468	25/06/16	Team Luton Club Championships 2015 2016	Luton	ER160179	3
200 Breaststroke	3:01.01	3:03.90	410	19/03/11	Bedfordshire County Championships	Biggleswade	CC1107	2
50 Butterfly	31.03	31.60	485	17/10/15	Team Luton Club Championships 2015 2016	Luton	ER152078	3
100 Butterfly	1:06.79	1:07.90	529	08/11/15	ASA East Region Winter Championships 2015	Luton	ER151653	2
200 Butterfly	2:29.31	2:31.40	514	13/12/15	Team Luton Winter Development Meet	Luton	ER150707	3
50 Backstroke	32.23	32.80	480	09/05/15	Team Luton Skills Challenge 2015	Luton	ER150920	4
100 Backstroke	1:07.35	1:08.50	541	10/10/15	National Arena League-London Div1&2 Rounds123	Luton	ER152121	3
200 Backstroke	2:24.56	2:26.80	556	12/03/16	Team Luton Club Championships 2015 2016	Luton	ER160178	3
200 Individual Medley	2:25.19	2:27.90	591	14/11/15	National Arena League-London Div1&2 Rounds123	Luton	ER152122	3
400 Individual Medley	5:10.49	5:16.10	580	12/03/16	Team Luton Club Championships 2015 2016	Luton	ER160178	3
100 Individual Medley	1:11.43	1:11.40	495	25/06/16	Team Luton Club Championships 2015 2016	Luton	ER160179	3