

Individual Best Times (All Time)

Lucy Ford - (533861) - Team Ipswich Swimming

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.54	33.20	349	13/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
100 Freestyle	1:09.83	1:11.00	372	21/02/16	Suffolk County Championships 2016	Ipswich	ER160408	2
200 Freestyle	2:25.86	2:28.20	432	14/02/16	Suffolk County Championships 2016	Ipswich	ER160407	2
400 Freestyle	6:20.44	6:24.10	224	17/03/12	Suffolk County Championships	Newmarket	CC2053	2
50 Breaststroke	42.99	43.70	287	17/07/16	Teamipswich July Surprize Meet 2016	Ipswich	ER160950	3
100 Breaststroke	1:37.37	1:38.70	262	27/09/15	Teamipswich Club Championships 2015	Ipswich	ER151190	4
200 Breaststroke	3:40.19	3:42.60	228	03/11/13	Teamipswich Swimming November Open Meet	Ipswich	ER3536	3
50 Butterfly	35.81	36.30	315	16/04/16	Newmarket & District 8th April Open Meet 2016	Newmarket	ER160232	3
100 Butterfly	1:17.63	1:18.60	337	17/07/16	Teamipswich July Surprize Meet 2016	Ipswich	ER160950	3
50 Backstroke	37.40	37.90	307	17/04/16	Newmarket & District 8th April Open Meet 2016	Newmarket	ER160232	3
100 Backstroke	1:19.70	1:20.70	326	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	ER150801	3
200 Backstroke	2:49.44	2:51.40	345	22/11/15	Teamipswich November Open 2015	Ipswich	ER151189	3
200 Individual Medley	2:43.00	2:45.40	417	16/04/16	Newmarket & District 8th April Open Meet 2016	Newmarket	ER160232	3
400 Individual Medley	5:45.52	5:50.60	420	16/04/16	Newmarket & District 8th April Open Meet 2016	Newmarket	ER160232	3
100 Individual Medley	1:19.36	1:19.40	361	17/07/16	Teamipswich July Surprize Meet 2016	Ipswich	ER160950	3