

# Individual Best Times (All Time)

Alicia Demetriades - (558984) - Stowmarket SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:08.58	1:07.30	428	07/04/12	UEA City of Norwich Easter Meet	Norwich	ER2006	1
200 Freestyle	2:26.86	2:24.50	453	07/04/12	UEA City of Norwich Easter Meet	Norwich	ER2006	1
800 Freestyle	10:49.64	10:40.70	415	11/02/12	Suffolk County Championships	Norwich	CC2050	1
1500 Freestyle	21:03.37	20:46.90	386	18/02/12	Suffolk County Championships	Norwich	CC2049	1
100 Backstroke	1:24.45	1:23.50	312	07/04/12	UEA City of Norwich Easter Meet	Norwich	ER2006	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.02	31.70	403	07/04/13	Sudbury & District Spring Meet	Sudbury	ER3020	3
100 Freestyle	1:06.47	1:07.70	432	12/05/13	Sudbury & District Last Chance Time Trial	Sudbury	ER3021	3
200 Freestyle	2:23.20	2:25.60	457	11/03/12	Suffolk County Championships	Newmarket	CC2051	2
400 Freestyle	5:02.35	5:07.00	447	17/03/12	Suffolk County Championships	Newmarket	CC2053	2
800 Freestyle	10:36.52	10:45.50	421	16/11/12	Deben Open Meet 2012	Deben	ER2483	3
50 Breaststroke	43.96	44.70	268	29/09/12	Sudbury Michaelmas Olympic Special	Sudbury	ER2537	3
100 Breaststroke	1:35.06	1:36.40	282	30/09/12	Sudbury Michaelmas Olympic Special	Sudbury	ER2537	3
200 Breaststroke	3:23.19	3:25.80	290	24/06/12	Suffolk County Development Meet	Newmarket	ER2445	3
50 Butterfly	35.57	36.10	321	12/05/13	Sudbury & District Last Chance Time Trial	Sudbury	ER3021	3
100 Butterfly	1:18.87	1:19.80	321	07/04/13	Sudbury & District Spring Meet	Sudbury	ER3020	3
200 Butterfly	3:12.17	3:13.80	241	11/07/13	Sudbury & District Club Championships	Sudbury	ER3633	4
50 Backstroke	37.69	38.20	300	06/04/13	Sudbury & District Spring Meet	Sudbury	ER3020	3
100 Backstroke	1:20.54	1:21.50	316	12/01/13	Sudbury & District Last Chance Open Meet	Sudbury	ER3022	3
200 Backstroke	2:49.16	2:51.10	347	17/03/12	Suffolk County Championships	Newmarket	CC2053	2
200 Individual Medley	2:49.20	2:51.50	373	18/03/12	Suffolk County Championships	Newmarket	CC2053	2
400 Individual Medley	6:03.47	6:08.30	361	20/01/12	Sudbury & District Last Chance Open Meet	Sudbury	ER2116	4
100 Individual Medley	1:19.80	1:19.80	355	11/03/12	Suffolk County Championships	Newmarket	CC2051	2