

Individual Best Times (All Time)

Lydia Denby - (734866) - Carnforth & Dist Otters

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:10.49	1:09.30	394	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
400 Freestyle	5:17.64	5:13.20	406	21/03/15	Lancashire County Age Groups & Championships	Manchester	CC150113	1
200 Individual Medley	2:55.64	2:53.40	370	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.65	33.30	346	01/11/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3
100 Freestyle	1:09.00	1:10.20	386	24/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150128	2
200 Freestyle	2:28.22	2:30.50	412	03/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool	NW150232	3
400 Freestyle	5:09.59	5:14.10	417	11/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150127	2
800 Freestyle	10:45.69	10:54.60	404	25/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150128	2
50 Breaststroke	43.52	44.20	277	02/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool	NW150232	3
100 Breaststroke	1:33.24	1:34.60	299	03/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool	NW150232	3
200 Breaststroke	3:18.35	3:21.00	312	02/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool	NW150232	3
50 Butterfly	34.25	34.80	360	26/09/15	North Lancashire Level 2 Meet	Blackpool	NW151377	2
100 Butterfly	1:17.08	1:18.10	344	11/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150127	2
200 Butterfly	2:58.86	3:00.60	299	26/10/14	North Lancashire Gala	Blackpool	NW4921	3
50 Backstroke	37.97	38.50	294	02/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool	NW150232	3
100 Backstroke	1:19.80	1:20.80	325	03/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool	NW150232	3
200 Backstroke	2:46.79	2:48.80	362	24/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150128	2
200 Individual Medley	2:49.19	2:51.50	373	10/01/15	North Lancashire Age Groups & Youth Championships	Blackpool	NW150127	2
100 Individual Medley	1:35.76	1:35.80	205	27/10/12	North Lancs SC L3 Meet	Blackpool	NW2607	3