

Individual Best Times (All Time)

Lauren Coulson - (741877) - Cockermouth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.94	36.40	261	17/07/10	Sunderland Non National Qualifier Meet	Sunderland	NE0469	3
100 Freestyle	1:11.63	1:10.50	376	03/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
200 Freestyle	2:40.35	2:38.20	348	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
50 Breaststroke	48.19	47.50	221	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
50 Butterfly	45.09	44.70	159	18/07/10	Sunderland Non National Qualifier Meet	Sunderland	NE0469	3
100 Butterfly	1:41.99	1:41.20	160	17/07/10	Sunderland Non National Qualifier Meet	Sunderland	NE0469	3
50 Backstroke	37.12	36.60	378	03/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
100 Backstroke	1:22.11	1:21.10	340	02/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
200 Backstroke	2:57.34	2:55.40	334	03/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3
200 Individual Medley	3:04.62	3:02.50	318	03/07/11	City of Sunderland ASC Summer Splash	Sunderland	NE1432	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.45	33.10	352	22/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
100 Freestyle	1:13.41	1:14.50	320	26/03/11	Cumbria County Championships	Kendal	CC1022	2
200 Freestyle	2:34.76	2:37.00	362	19/03/11	Cumbria County Championships	Whitehaven	CC1020	2
400 Freestyle	6:01.31	6:05.20	262	23/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
50 Breaststroke	41.16	41.90	327	23/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
100 Breaststroke	1:43.69	1:44.90	217	23/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
200 Breaststroke	3:37.51	3:39.90	236	22/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
50 Butterfly	36.64	37.20	294	03/10/15	Cockermouth SC club Championships	Cockermouth	NW151067	4
100 Butterfly	1:24.02	1:24.90	266	03/10/15	Cockermouth SC club Championships	Cockermouth	NW151067	4
200 Butterfly	3:15.85	3:17.50	227	03/10/15	Cockermouth SC club Championships	Cockermouth	NW151067	4
50 Backstroke	36.46	37.00	332	07/05/11	Copeland ASC Bill & Monica Griffin Gala	Whitehaven	NW1381	4
100 Backstroke	1:21.31	1:22.30	307	27/03/11	Cumbria County Championships	Kendal	CC1022	2
200 Backstroke	2:50.24	2:52.20	341	27/03/11	Cumbria County Championships	Kendal	CC1022	2
200 Individual Medley	3:07.91	3:10.00	272	22/02/15	1st Cockermouth Qualifier	Cockermouth	NW150535	4
100 Individual Medley	1:22.23	1:22.20	324	19/03/11	Cumbria County Championships	Whitehaven	CC1020	2