

Individual Best Times (All Time)

Lucia D'Ambrosio - (743528) - Staines Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.21	39.70	199	28/09/14	Staines Club Championships	Staines	SE14368	4
100 Freestyle	1:32.07	1:33.00	162	09/11/14	Staines Club Championships	Staines	SE14371	4
200 Freestyle	3:17.51	3:19.30	174	13/04/14	MCASA Spring Development Meet	Southbury	LR4479	3
50 Breaststroke	50.11	50.70	181	14/12/14	Team Luton Development 2014 Meet	Luton	ER14555	3
100 Breaststroke	1:52.09	1:53.20	172	16/11/14	Staines Club Championships	Staines	SE14372	4
200 Breaststroke	4:07.59	4:09.70	160	23/11/14	Staines Club Championships	Staines	SE14374	4
50 Butterfly	46.10	46.50	147	12/07/14	Staines SC Black Swan Summer Meet	Staines	SE4161	3
100 Butterfly	2:07.26	2:07.90	76	09/11/14	Staines Club Championships	Staines	SE14371	4
200 Butterfly	4:23.75	4:25.00	93	22/11/14	Staines Club Championships	Staines	SE14373	4
50 Backstroke	46.91	47.30	155	28/09/14	Staines Club Championships	Staines	SE14368	4
200 Backstroke	3:36.30	3:37.80	166	16/11/14	Staines Club Championships	Staines	SE14372	4
200 Individual Medley	3:39.88	3:41.70	170	13/07/14	Staines SC Black Swan Summer Meet	Staines	SE4161	3