

Individual Best Times (All Time)

Laura Kew - (768235) - Sevenoaks SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.63	28.90	505	11/05/13	Beckenham SC International Open Meet	Crystal Palace	LR3301	1
100 Freestyle	1:02.70	1:01.40	560	02/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
200 Freestyle	2:17.14	2:14.60	557	31/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	41.72	41.00	341	20/11/11	Crawley Not So Early Bird Meet	Crawley	SE1509	1
50 Butterfly	31.16	30.50	481	05/05/13	BG South East Region Youth Champs	Crawley	SER301	1
100 Butterfly	1:11.41	1:10.30	468	12/05/12	Beckenham International Open Meet	London	LR2276	1
200 Butterfly	2:59.36	2:57.60	313	18/12/11	Killerwhales Winter Open	Basildon	LR1534	1
50 Backstroke	35.08	34.50	448	24/07/12	Welsh Summer National 2012	Swansea	WAL445	1
100 Backstroke	1:16.29	1:15.20	424	20/11/11	Crawley Not So Early Bird Meet	Crawley	SE1509	1
200 Backstroke	2:58.15	2:56.30	330	04/04/10	Derventio Excel Open 2010	Sheffield	EM0118	1
200 Individual Medley	2:38.67	2:36.20	502	28/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.02	29.70	493	23/02/14	BG Kent ASA Swimming Championships	Gillingham	CC4061	2
100 Freestyle	1:02.29	1:03.60	524	09/03/13	Kent County Championships	Gillingham	CC3052	2
200 Freestyle	2:14.29	2:16.80	554	16/03/13	Kent County Championships	Gillingham	CC3053	2
400 Freestyle	4:48.23	4:53.10	516	24/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
800 Freestyle	10:01.78	10:11.30	499	03/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
50 Breaststroke	40.02	40.80	356	23/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
100 Breaststroke	1:25.48	1:26.90	388	23/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
200 Breaststroke	2:58.69	3:01.60	427	21/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
50 Butterfly	31.00	31.60	486	23/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
100 Butterfly	1:10.05	1:11.10	459	23/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
50 Backstroke	33.85	34.40	415	26/02/12	Kent County Championships	Gillingham	CC2069	2
100 Backstroke	1:13.57	1:14.70	415	10/03/12	Kent County Championships	Gillingham	CC2070	2
200 Backstroke	2:34.13	2:36.30	459	18/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	SE3807	4
200 Individual Medley	2:33.74	2:36.30	497	01/03/14	BG Kent ASA Swimming Championships	Gillingham	CC4062	2
400 Individual Medley	5:31.41	5:36.70	476	25/11/12	Sevenoaks Club Championships	Sevenoaks	SE2841	4
100 Individual Medley	1:12.45	1:12.50	474	25/02/12	Kent County Championships	Gillingham	CC2069	2