

Individual Best Times (All Time)

Lulah Lyons - (783045) - Anaconda SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.85	39.40	205	11/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	LR4458	3
100 Freestyle	1:26.73	1:27.70	194	20/06/14	Hackney & Islington Summer Championships	London	LR4774	4
200 Freestyle	3:02.72	3:04.60	220	19/10/14	Barnet Cophall 200 Meet	London	LR14002	3
400 Freestyle	6:36.78	6:40.30	198	06/10/14	Middlesex Winter Development Meet	Southbury	LR14036	3
50 Breaststroke	46.57	47.20	226	06/10/14	Middlesex Winter Development Meet	Southbury	LR14036	3
100 Breaststroke	1:43.38	1:44.60	219	21/06/14	Hackney & Islington Summer Championships	London	LR4774	4
200 Breaststroke	3:41.64	3:44.00	223	11/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	LR4458	3
50 Butterfly	44.87	45.30	160	10/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	LR4458	3
100 Butterfly	1:37.13	1:37.90	172	06/10/14	Middlesex Winter Development Meet	Southbury	LR14036	3
200 Butterfly	3:51.80	3:53.20	137	11/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	LR4458	3
50 Backstroke	52.96	53.30	108	16/11/13	Middlesex ASA Winter Development Meet	Enfield	LR3964	3
100 Backstroke	1:40.37	1:41.20	163	06/10/14	Middlesex Winter Development Meet	Southbury	LR14036	3
200 Backstroke	3:32.64	3:34.20	175	19/10/14	Barnet Cophall 200 Meet	London	LR14002	3
200 Individual Medley	3:20.61	3:22.60	224	06/10/14	Middlesex Winter Development Meet	Southbury	LR14036	3
100 Individual Medley	1:44.56	1:44.60	157	17/11/13	Middlesex ASA Winter Development Meet	Enfield	LR3964	3