

Individual Best Times (All Time)

Lauren Pedel - (783839) - Atlantis Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.21	30.50	432	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	SE160364	3
100 Freestyle	1:09.30	1:08.10	415	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
200 Freestyle	2:56.25	2:54.30	262	02/10/11	Crawley SC Long Course Opportunity Meet	Crawley	SE1507	3
50 Breaststroke	36.15	35.30	524	28/02/15	Sussex County Championships	Crawley	CC150378	1
100 Breaststroke	1:19.57	1:18.00	523	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3
200 Breaststroke	2:55.23	2:52.20	483	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent	LR150017	1
50 Butterfly	33.97	33.40	371	19/03/17	Atlantis Regional-National Chaser Open Meet	Crawley	SE170018	1
50 Backstroke	35.11	34.50	447	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	SE4226	3
100 Backstroke	1:15.29	1:14.20	441	26/05/13	ASA South East Region Age Group Champs	Crawley	SER303	1
200 Backstroke	2:40.13	2:38.00	454	31/05/14	ASA South East Region Age Group Championships	Crawley	SER418	1
200 Individual Medley	2:42.87	2:40.40	464	15/11/14	Crawley Not so Early Bird Gala	Crawley	SE4992	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.75	31.40	414	01/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
100 Freestyle	1:05.28	1:06.50	456	19/11/15	Atlantis Autumn Club Championships	Horsham	SE152279	4
200 Freestyle	2:23.32	2:25.70	455	23/06/16	Atlantis Summer Club Championships	Horsham	SE161140	4
400 Freestyle	5:22.31	5:26.60	369	30/11/13	Atlantis Christmas Cracker Open Meet	Horsham	SE3221	3
50 Breaststroke	35.62	36.50	505	18/01/15	UEA City of Norwich January Resolution Meet	Norwich	ER150082	3
100 Breaststroke	1:17.25	1:18.90	526	29/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3
200 Breaststroke	2:46.45	2:49.60	528	30/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	SE4220	3
50 Butterfly	32.29	32.90	430	26/11/16	Atlantis Christmas Cracker Open Meet	Horsham	SE161457	3
100 Butterfly	1:20.22	1:21.20	305	22/11/15	Atlantis Autumn Club Championships	Horsham	SE152280	4
50 Backstroke	32.92	33.50	451	04/05/14	Atlantis SC Horsham 2014 Spring Open Meet	Horsham	SE4038	3
100 Backstroke	1:11.90	1:13.00	444	02/03/14	Sussex County Champs & Age Group Comp	Crawley	CC4091	2
200 Backstroke	2:33.65	2:35.80	463	19/06/14	Atlantis SC Horsham Summer Club Championships	Horsham	SE4621	4
200 Individual Medley	2:37.51	2:40.00	463	18/01/15	UEA City of Norwich January Resolution Meet	Norwich	ER150082	3
400 Individual Medley	5:45.80	5:50.80	419	10/07/14	Atlantis SC Horsham Summer Club Championships	Horsham	SE4622	4
100 Individual Medley	1:13.13	1:13.10	461	15/03/14	Sussex County Championships	Crawley	CC4092	2