

Individual Best Times (All Time)

Lexie Bowie - (790093) - Blackpool Aquatics ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Backstroke	3:14.67	3:12.90	253	28/02/15	Lancashire County Age Groups & Championships	Liverpool	CC150112	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.66	35.30	289	16/07/17	North Lancs Level 3 Development Meet 2017	Blackpool	NW171037	3
100 Freestyle	1:15.80	1:16.90	291	15/07/17	North Lancs Level 3 Development Meet 2017	Blackpool	NW171037	3
200 Freestyle	2:41.69	2:43.80	317	05/09/17	Blackpool No Frills Time Trials	Blackpool	NW171723	4
400 Freestyle	5:51.96	5:55.90	283	10/12/15	Blackpool Aquatics Club Championships 2015	Blackpool	NW152251	4
800 Freestyle	12:10.54	12:18.40	279	15/12/15	Blackpool Aquatics ASC Club Championships 2015	Blackpool	NW152253	4
50 Breaststroke	48.17	48.80	204	30/04/16	Blackpool Rocks 2016	Blackpool	NW160510	3
100 Breaststroke	1:44.35	1:45.60	213	31/10/15	Blackpool 'Lights' Level 3 Development Meet	Blackpool	NW150536	3
50 Backstroke	37.41	37.90	307	15/07/17	North Lancs Level 3 Development Meet 2017	Blackpool	NW171037	3
100 Backstroke	1:21.85	1:22.80	301	15/07/17	North Lancs Level 3 Development Meet 2017	Blackpool	NW171037	3
200 Backstroke	2:48.41	2:50.40	352	15/07/17	North Lancs Level 3 Development Meet 2017	Blackpool	NW171037	3
100 Individual Medley	1:29.11	1:29.10	255	28/10/17	Blackpool Lights 2017	Blackpool	NW170831	3