

Individual Best Times (All Time)

Lauren Matkin - (805374) - Nuneaton & Bedworth SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	36.85	36.30	263	18/01/15	City of Coventry January Open Meet 2015	Coventry	WM150096	3
200 Freestyle	3:05.06	3:03.20	226	17/01/15	City of Coventry January Open Meet 2015	Coventry	WM150096	3
50 Breaststroke	56.33	55.80	138	08/03/14	Warwickshire ASA County Championships	Coventry	CC4005	1
50 Butterfly	47.68	47.30	134	17/01/15	City of Coventry January Open Meet 2015	Coventry	WM150096	3
50 Backstroke	43.83	43.40	230	17/01/15	City of Coventry January Open Meet 2015	Coventry	WM150096	3
200 Individual Medley	3:38.33	3:36.50	192	08/03/14	Warwickshire ASA County Championships	Coventry	CC4005	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.36	34.00	324	23/04/17	Nuneaton & Bosworth Trophy Sprint Meet	Nuneaton	WM170854	4
100 Freestyle	1:16.89	1:18.00	279	29/10/16	Nuneaton & Bedworth Swimming Club Time Trials	Nuneaton	WM162043	4
200 Freestyle	2:48.12	2:50.20	282	24/10/15	Nuneaton & Bedworth Club Championships	Nuneaton	WM151552	4
50 Breaststroke	47.50	48.20	213	05/12/15	Nuneaton & Bedworth Time Trial Gala	Nuneaton	WM151556	4
50 Butterfly	42.63	43.10	187	17/05/15	Coventry & District ASC Secondary Galas	Nuneaton	WM150670	3
50 Backstroke	40.18	40.70	248	19/06/16	Nuneaton & Bedworth End of Season Open Meet	Nuneaton	WM160379	3
100 Backstroke	1:26.82	1:27.70	252	30/10/16	Nuneaton & Bedworth Swimming Club Time Trials	Nuneaton	WM162043	4
200 Individual Medley	3:11.87	3:13.90	256	03/10/15	Coventry & District ASC Secondary Galas	Nuneaton	WM151640	3
100 Individual Medley	1:28.13	1:28.10	263	19/06/16	Nuneaton & Bedworth End of Season Open Meet	Nuneaton	WM160379	3