

# Individual Best Times (All Time)

Isobel Lancaster - (805739) - West Suffolk Swimming Club

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet   | Venue           | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|--|-----------------|----------|-------|
| 50 Freestyle          | 34.12   | 34.70           | 303       | 23/02/20 | Stowmarket Sprint into Spring Open Meet      | Stowmarket      | ER200543 | 3     |
| 100 Freestyle         | 1:14.71 | 1:15.80         | 304       | 12/07/15 | Teamipswich July Surprize Open 2015          | Ipswich         | ER150801 | 3     |
| 200 Freestyle         | 2:40.27 | 2:42.40         | 326       | 21/06/14 | Suffolk County ASA Development Championships | Newmarket       | ER4546   | 3     |
| 400 Freestyle         | 5:42.99 | 5:47.10         | 306       | 28/11/14 | Stowmarket Club Champs                       | Stowmarket      | ER14653  | 4     |
| 50 Breaststroke       | 43.42   | 44.10           | 278       | 22/02/20 | Stowmarket Sprint into Spring Open Meet      | Stowmarket      | ER200543 | 3     |
| 100 Breaststroke      | 1:38.89 | 1:40.20         | 250       | 28/06/15 | Suffolk County ASA Development Championships | Newmarket       | ER150658 | 3     |
| 200 Breaststroke      | 3:30.92 | 3:33.40         | 259       | 28/06/15 | Suffolk County ASA Development Championships | Newmarket       | ER150658 | 3     |
| 50 Butterfly          | 42.29   | 42.70           | 191       | 12/10/14 | West Suffolk SC Novice Gala                  | Bury St Edmunds | ER4613   | 3     |
| 100 Butterfly         | 1:44.77 | 1:45.50         | 137       | 24/11/13 | Stowmarket SC Club Championships             | Stowmarket      | ER3886   | 4     |
| 50 Backstroke         | 42.14   | 42.60           | 215       | 22/11/14 | Stowmarket Club Champs                       | Stowmarket      | ER14652  | 4     |
| 100 Backstroke        | 1:32.91 | 1:33.80         | 206       | 10/10/21 | Stowmarket SC Club Championships             | Stowmarket      | ER210811 | 4     |
| 200 Backstroke        | 3:06.41 | 3:08.20         | 259       | 27/06/15 | Suffolk County ASA Development Championships | Newmarket       | ER150658 | 3     |
| 200 Individual Medley | 3:05.89 | 3:08.00         | 281       | 28/06/15 | Suffolk County ASA Development Championships | Newmarket       | ER150658 | 3     |
| 400 Individual Medley | 6:52.84 | 6:57.10         | 246       | 14/11/14 | Stowmarket Club Champs                       | Stowmarket      | ER14651  | 4     |
| 100 Individual Medley | 1:27.46 | 1:27.50         | 269       | 12/07/15 | Teamipswich July Surprize Open 2015          | Ipswich         | ER150801 | 3     |