

Individual Best Times (All Time)

Jessica Lawes - (809934) - City of Linc Pentaqua SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:08.32	1:07.10	433	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Freestyle	2:29.23	2:26.90	432	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
50 Breaststroke	40.03	39.20	386	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Breaststroke	3:12.46	3:09.70	365	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
100 Backstroke	1:21.58	1:20.60	347	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.02	30.70	445	09/11/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4389	4
100 Freestyle	1:07.43	1:08.70	413	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2
200 Freestyle	2:29.04	2:31.40	405	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
400 Freestyle	5:48.80	5:52.80	291	13/10/13	City of Lincoln Pentaqua Club Championships	Lincoln	EM3613	4
50 Breaststroke	38.31	39.10	406	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2
100 Breaststroke	1:25.27	1:26.70	391	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
200 Breaststroke	3:15.06	3:17.80	328	08/03/14	Lincolnshire 63rd Annual County Champs	Louth	CC4015	2
50 Butterfly	34.27	34.80	360	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
100 Butterfly	1:20.50	1:21.40	302	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
50 Backstroke	35.47	36.00	360	18/07/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield	NE150503	3
100 Backstroke	1:18.46	1:19.50	342	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2
200 Backstroke	2:51.51	2:53.40	333	29/11/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4396	4
200 Individual Medley	2:47.72	2:50.10	383	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
100 Individual Medley	1:16.33	1:16.30	405	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2