

Individual Best Times (All Time)

Lois Emery - (814571) - Hemel Hempstead SC

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|---|-----------------|----------|-------|
| 50 Freestyle | 32.17 | 32.80 | 362 | 11/03/17 | The Alternative Counties Maxwell L3 Meet | Aylesbury | SE170392 | 3 |
| 100 Freestyle | 1:09.63 | 1:10.80 | 375 | 21/06/17 | Hemel Hempstead Club Championships | Hemel Hempstead | ER171343 | 4 |
| 200 Freestyle | 2:29.88 | 2:32.20 | 398 | 02/07/17 | Hemel Hempstead Club Championships | Hemel Hempstead | ER171345 | 4 |
| 400 Freestyle | 5:24.80 | 5:29.10 | 361 | 18/03/17 | Bishops Stortford Spring Regional Qualifier | Borehamwood | ER170330 | 3 |
| 800 Freestyle | 10:46.87 | 10:55.80 | 402 | 24/06/17 | Hemel Hempstead Club Championships | Hemel Hempstead | ER171346 | 4 |
| 50 Breaststroke | 44.50 | 45.20 | 259 | 21/05/16 | Hemel Hempstead 5th Spring Development Meet | Hemel Hempstead | ER160839 | 3 |
| 100 Breaststroke | 1:34.21 | 1:35.50 | 290 | 07/10/17 | Hemel Hempstead Birthday Open | Hemel Hempstead | ER170859 | 3 |
| 200 Breaststroke | 3:16.33 | 3:19.00 | 322 | 02/07/17 | Hemel Hempstead Club Championships | Hemel Hempstead | ER171345 | 4 |
| 50 Butterfly | 37.29 | 37.80 | 279 | 26/11/16 | Black Lion Winter Open Meet | Gillingham | SE160753 | 3 |
| 100 Butterfly | 1:26.37 | 1:27.20 | 245 | 02/07/17 | Hemel Hempstead Club Championships | Hemel Hempstead | ER171345 | 4 |
| 200 Butterfly | 3:11.20 | 3:12.80 | 244 | 02/07/17 | Hemel Hempstead Club Championships | Hemel Hempstead | ER171345 | 4 |
| 50 Backstroke | 38.16 | 38.70 | 289 | 07/10/17 | Hemel Hempstead Birthday Open | Hemel Hempstead | ER170859 | 3 |
| 100 Backstroke | 1:21.19 | 1:22.20 | 309 | 15/10/16 | Hemel Hempstead 103rd Birthday Open | Hertfordshire | ER161842 | 3 |
| 200 Backstroke | 2:48.76 | 2:50.70 | 350 | 08/04/17 | COPS Last Chance Regional Qualifier 2017 | Peterborough | ER170327 | 3 |
| 200 Individual Medley | 2:54.17 | 2:56.40 | 342 | 21/06/17 | Hemel Hempstead Club Championships | Hemel Hempstead | ER171343 | 4 |
| 400 Individual Medley | 6:11.71 | 6:16.40 | 338 | 22/06/17 | Hemel Hempstead Club Championships | Hemel Hempstead | ER171344 | 4 |
| 100 Individual Medley | 1:21.50 | 1:21.50 | 333 | 26/11/16 | Black Lion Winter Open Meet | Gillingham | SE160753 | 3 |