

Individual Best Times (All Time)

Laura Nix - (828027) - Carmarthen

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.28	30.60	430	17/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
100 Freestyle	1:10.99	1:09.80	386	17/02/19	BUCS Long Course Swimming Championships 2019	Sheffield	NE190155	1
400 Freestyle	5:49.21	5:45.20	306	12/05/12	Swim Swansea Long Course Meet	Swansea	WAL428	1
50 Breaststroke	45.27	44.60	267	06/04/13	3 Towers Spring Open Meet	Millfield	SW3249	3
100 Breaststroke	1:47.92	1:46.70	209	23/10/10	3 Towers Open Meet	Millfield	SW0586	3
50 Butterfly	35.82	35.30	317	18/02/18	BUCS Long Course Swimming Championships	Sheffield	NE180246	1
50 Backstroke	40.08	39.60	300	12/05/12	Swim Swansea Long Course Meet	Swansea	WAL428	1
100 Backstroke	1:34.31	1:33.50	224	24/10/10	3 Towers Open Meet	Millfield	SW0586	3
200 Individual Medley	3:04.93	3:02.80	317	06/04/13	3 Towers Spring Open Meet	Millfield	SW3249	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.45	31.10	427	10/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Freestyle	1:07.00	1:08.20	421	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
200 Freestyle	2:29.26	2:31.60	403	02/03/13	Llanelli Open Meet 2013	Llanelli	WAL480	2
400 Freestyle	5:26.64	5:30.90	355	01/12/13	West Wales Sub Regional Championships	Haverfordwest	WAL535	4
800 Freestyle	11:15.76	11:24.30	352	02/02/13	West Wales Championships	Haverfordwest	WAL473	2
50 Breaststroke	42.85	43.60	290	06/10/12	Llanelli ASC Autumn Meet 2012	Llanelli	WAL449	4
100 Breaststroke	1:33.04	1:34.40	301	02/02/14	West Wales Regional Championships	Haverfordwest	WAL546	2
200 Breaststroke	3:20.78	3:23.40	301	02/03/13	Llanelli Open Meet 2013	Llanelli	WAL480	2
50 Butterfly	34.94	35.50	339	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	NE182328	2
100 Butterfly	1:27.62	1:28.50	234	06/10/12	Llanelli ASC Autumn Meet 2012	Llanelli	WAL449	4
50 Backstroke	38.50	39.00	282	11/11/17	BUCS Short Course Swimming Championships	Sheffield	NE172398	2
100 Backstroke	1:19.48	1:20.50	329	02/03/13	Llanelli Open Meet 2013	Llanelli	WAL480	2
200 Backstroke	2:49.67	2:51.60	344	09/02/13	West Wales Championships	Haverfordwest	WAL474	2
200 Individual Medley	2:53.05	2:55.30	349	09/02/13	West Wales Championships	Haverfordwest	WAL474	2
100 Individual Medley	1:22.15	1:22.20	325	06/10/12	Llanelli ASC Autumn Meet 2012	Llanelli	WAL449	4