

Individual Best Times (All Time)

Lisa Cowley - (844447) - SX3 Swindon Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.79	29.10	497	01/11/14	City of Bristol Open Meet	Bristol	SW4538	3
100 Freestyle	1:03.09	1:01.80	550	14/04/13	City of Bristol Level One Open Meet	Bristol	SW3227	1
200 Freestyle	2:15.04	2:12.40	583	11/05/13	Millfield Last Chance Meet	Millfield	SW3254	1
400 Freestyle	4:46.54	4:41.60	554	13/04/13	City of Bristol Level One Open Meet	Bristol	SW3227	1
800 Freestyle	10:01.05	9:51.40	524	05/05/14	BG ASA SWR Youth Championships 2014	Plymouth	SWR403	1
50 Breaststroke	40.87	40.10	363	28/05/16	City of Cardiff Open Meet	Cardiff	WL160446	1
50 Backstroke	34.61	34.00	467	21/12/13	Plymouth Leander Level 1 LC Open 2013	Plymouth	SW3980	1
100 Backstroke	1:13.77	1:12.70	469	02/11/14	City of Bristol Open Meet	Bristol	SW4538	3
200 Backstroke	2:40.64	2:38.50	450	02/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol	SW3622	3
200 Individual Medley	2:46.57	2:44.20	434	13/04/13	City of Bristol Level One Open Meet	Bristol	SW3227	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.03	29.70	492	07/12/14	Tigersharks Xmas Open Meet 2014	Swindon	SW4079	3
100 Freestyle	1:01.72	1:03.10	539	04/10/14	Tigersharks Club Championships 2014	Swindon	SW4073	4
200 Freestyle	2:13.03	2:15.60	570	28/04/13	Tigersharks Spring Open Meet 2013	Swindon	SW3063	3
400 Freestyle	4:39.94	4:44.90	564	29/09/13	Tigersharks Club Championships 2013	Swindon	SW3068	4
800 Freestyle	9:34.85	9:44.80	572	13/10/13	Tigersharks Club Championships 2013	Swindon	SW3068	4
50 Breaststroke	39.43	40.20	372	19/06/16	Swindon Sx3 Club Championships	Swindon	SW160353	4
100 Breaststroke	1:25.22	1:26.70	391	20/07/14	Tigersharks No National Qualifiers Open Meet	Swindon	SW4078	3
200 Breaststroke	3:07.17	3:10.00	371	06/10/13	Tigersharks Club Championships 2013	Swindon	SW3068	4
50 Butterfly	33.53	34.10	384	18/06/16	Swindon Sx3 Club Championships	Swindon	SW160353	4
50 Backstroke	33.72	34.30	419	07/12/14	Tigersharks Xmas Open Meet 2014	Swindon	SW4079	3
100 Backstroke	1:12.59	1:13.70	432	06/10/13	Tigersharks Club Championships 2013	Swindon	SW3068	4
200 Backstroke	2:34.78	2:36.90	453	28/04/13	Tigersharks Spring Open Meet 2013	Swindon	SW3063	3
200 Individual Medley	2:38.84	2:41.30	451	05/10/13	Tigersharks Club Championships 2013	Swindon	SW3068	4
400 Individual Medley	5:44.29	5:49.40	425	20/07/13	City of Oxford L3 Open Meet	Oxford	SE3318	3
100 Individual Medley	1:14.91	1:14.90	429	19/07/14	Tigersharks No National Qualifiers Open Meet	Swindon	SW4078	3