

# Individual Best Times (All Time)

Laura Brown - (859056) - Flixton SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Butterfly	47.73	47.30	134	02/12/12	City of Sheffield Snow Frills Gala	Sheffield	NE2147	3
200 Backstroke	3:05.00	3:03.20	294	02/12/12	City of Sheffield Snow Frills Gala	Sheffield	NE2147	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.37	35.00	296	16/05/15	Flixton SC Club Championship Sprint Meet	Flixton	NW150861	4
100 Freestyle	1:16.31	1:17.40	285	17/05/15	Flixton SC Club Championship Sprint Meet	Flixton	NW150861	4
200 Freestyle	2:46.37	2:48.40	291	14/11/15	Flixton Swim Team Club Championships Distance Meet	Urmston	NW152102	4
400 Freestyle	6:09.07	6:12.90	246	15/11/15	Flixton Swim Team Club Championships Distance Meet	Urmston	NW152102	4
50 Breaststroke	47.94	48.60	207	13/07/13	Flixton SC Club Championships Spring Meet	Flixton	NW3456	4
50 Butterfly	40.95	41.40	211	12/01/14	Greater Manchester Clubs Age Groups	Manchester	NW4001	3
200 Butterfly	3:45.74	3:47.10	148	09/11/14	Flixton Club Distance Championships	Flixton	NW14351	4
50 Backstroke	37.43	38.00	306	13/07/13	Flixton SC Club Championships Spring Meet	Flixton	NW3456	4
100 Backstroke	1:21.24	1:22.20	308	12/01/14	Greater Manchester Clubs Age Groups	Manchester	NW4001	3
200 Backstroke	3:01.61	3:03.40	280	21/10/12	Bolton & Manchester Championships 2012	Manchester	NW2247	3
200 Individual Medley	3:10.03	3:12.10	263	12/01/14	Greater Manchester Clubs Age Groups	Manchester	NW4001	3
400 Individual Medley	6:54.04	6:58.30	244	08/11/14	Flixton Club Distance Championships	Flixton	NW14351	4
100 Individual Medley	1:27.57	1:27.60	268	11/01/14	Greater Manchester Clubs Age Groups	Manchester	NW4001	3