

# Individual Best Times (All Time)

Lucas Salman - (869445) - Woking SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	55.30	54.70	103	23/03/13	Surrey Age Group County Champs	Crystal Palace	CC3042	1
200 Breaststroke	3:33.88	3:31.40	201	01/06/14	ASA South East Region Age Group Championships	Crawley	SER418	1
200 Backstroke	3:02.42	3:00.60	230	22/02/15	Surrey Age Group Championships	Guildford	CC150302	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.32	30.00	325	20/05/18	Woking 9th B C Grade Octopus Meet	Woking	SE180762	3
100 Freestyle	1:06.97	1:08.20	300	26/11/17	Woking Club Championships	Woking	SE171733	4
200 Freestyle	2:17.19	2:19.70	380	15/10/17	Woking Club Championships	Woking	SE171731	4
400 Freestyle	5:04.79	5:09.40	337	12/12/17	Woking Club Championships	Woking	SE171783	4
50 Breaststroke	41.28	42.00	220	01/10/17	Woking Club Championships	Woking	SE171730	4
100 Breaststroke	1:25.27	1:26.70	272	20/05/18	Woking 9th B C Grade Octopus Meet	Woking	SE180762	3
200 Breaststroke	3:01.25	3:04.10	291	08/07/18	Woking Club Championships 2018	Woking	SE181364	4
50 Butterfly	40.15	40.60	158	12/07/15	Black Swan Summer Open Meet 2015 (non nat qual)	Walton-on-Thames	SE151021	3
100 Butterfly	1:24.64	1:25.50	179	26/11/17	Woking Club Championships	Woking	SE171733	4
200 Butterfly	3:23.97	3:25.50	143	01/07/18	Woking Club Championships 2018	Woking	SE181363	4
50 Backstroke	35.76	36.30	236	21/05/17	Woking 8th B C Grade Octopus Meet	Woking	SE170722	3
100 Backstroke	1:17.49	1:18.50	242	04/02/17	Surrey Age Group Championships	Guildford	LR170176	2
200 Backstroke	2:39.07	2:41.20	292	01/07/18	Woking Club Championships 2018	Woking	SE181363	4
200 Individual Medley	2:42.78	2:45.20	305	26/11/17	Woking Club Championships	Woking	SE171733	4
100 Individual Medley	1:21.47	1:21.50	221	30/10/16	Woking Club Championships	Woking	SE161602	4