

Individual Best Times (All Time)

Lara Mousley - (873815) - Leicester Penguins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.89	32.20	369	02/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
100 Freestyle	1:13.02	1:11.90	355	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Freestyle	2:42.48	2:40.30	335	07/03/15	Leicestershire County Age Groups & Championships	Loughborough	CC150152	1
400 Freestyle	6:08.90	6:05.10	259	20/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	EM3630	1
50 Breaststroke	47.09	46.40	237	01/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
100 Breaststroke	1:44.77	1:43.60	229	02/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
200 Breaststroke	4:21.42	4:19.40	145	13/01/13	City of Coventry SC January Open Meet	Coventry	WM3077	3
50 Butterfly	42.05	41.60	196	01/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
100 Butterfly	1:31.87	1:31.00	220	02/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
50 Backstroke	41.75	41.30	266	02/03/14	Leicestershire County Age Groups & Champs	Corby	CC4071	1
100 Backstroke	1:25.98	1:25.00	296	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Backstroke	3:14.55	3:12.80	253	20/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	EM3630	1
200 Individual Medley	2:52.76	2:50.50	389	08/03/15	Leicestershire County Age Groups & Championships	Loughborough	CC150152	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.44	32.10	387	22/03/15	Leicestershire County Age Groups & Championships	Leicester	EM150153	2
100 Freestyle	1:09.24	1:10.40	382	21/03/15	Leicestershire County Age Groups & Championships	Leicester	EM150153	2
200 Freestyle	2:32.69	2:35.00	377	26/10/14	City of Leeds Grand Prix	Leeds	NE4022	2
400 Freestyle	5:49.91	5:53.90	288	15/03/14	Leicestershire County Championships	Braunstone	CC4073	2
800 Freestyle	11:05.11	11:13.80	369	22/11/14	Leicester Penguins Club Championships	Braunstone	EM4267	4
50 Breaststroke	45.07	45.80	249	10/01/15	Leicester Penguins Club Championships	Nuneaton	EM150558	4
100 Breaststroke	1:32.85	1:34.20	302	22/03/15	Leicestershire County Age Groups & Championships	Leicester	EM150153	2
200 Breaststroke	3:21.84	3:24.40	296	28/03/15	Leicestershire County Age Group & Championships	Leicester	EM150154	2
50 Butterfly	35.21	35.70	331	21/03/15	Leicestershire County Age Groups & Championships	Leicester	EM150153	2
100 Butterfly	1:19.61	1:20.60	312	22/03/15	Leicestershire County Age Groups & Championships	Leicester	EM150153	2
200 Butterfly	3:26.97	3:28.50	193	16/03/14	Leicestershire County Championships	Braunstone	CC4073	2
50 Backstroke	36.81	37.40	322	22/03/15	Leicestershire County Age Groups & Championships	Leicester	EM150153	2
100 Backstroke	1:18.12	1:19.10	346	27/09/14	Leicester Penguins Club Championships	Braunstone	EM4267	4
200 Backstroke	2:47.51	2:49.50	357	28/03/15	Leicestershire County Age Group & Championships	Leicester	EM150154	2
200 Individual Medley	2:51.14	2:53.40	361	14/11/14	City Of Leicester Winter Short Course Meet	Leicester	EM14411	2
400 Individual Medley	6:27.49	6:32.00	298	09/03/14	Leicestershire County Age Groups & Champs	Braunstone	CC4072	2
100 Individual Medley	1:20.40	1:20.40	347	29/03/15	Leicestershire County Age Group & Championships	Leicester	EM150154	2