

Individual Best Times (All Time)

Laura Murphy - (887745) - Alnwick Dolphin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Breaststroke	4:32.38	4:30.40	128	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
50 Butterfly	54.22	53.90	91	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3
100 Backstroke	1:45.58	1:44.80	160	06/10/12	Northumberland & Durham Autumn Meet 2012	Sunderland	NE2628	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	40.09	40.60	187	09/02/13	Alnwick Dolphins Time Trials 2013	Alnwick	NE3028	4
200 Freestyle	3:24.00	3:25.70	158	09/11/13	Alnwick Dolphins Time Trials	Alnwick	NE31015	4
50 Breaststroke	53.71	54.30	147	02/12/12	Blyth Lifeguard & SC Christmas Cracker	Blyth	NE2639	4
50 Butterfly	45.21	45.60	156	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
50 Backstroke	43.16	43.60	200	20/10/13	Durham City ASC Medley Challenge	Durham	NE3817	3
100 Backstroke	1:39.36	1:40.20	168	27/01/13	North East Invitational Meet	Hexham	NE3240	3
200 Individual Medley	3:52.96	3:54.70	143	15/09/12	South Tyneside Autumn Meet 2012	South Tyneside	NE2633	3
100 Individual Medley	1:39.73	1:39.70	181	11/05/13	Tynemouth ASC Open Sprints & Teams 2013	Tynemouth	NE3325	3