

Individual Best Times (All Time)

Elizabeth Wood - (891359) - Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.00	32.40	366	15/07/17	WDSC End of Season Open Meet 2017	Wycombe	SE171247	3
100 Freestyle	1:07.09	1:05.80	457	22/07/18	WDSC End of Season Long Course Meet	Wycombe	SE181512	3
50 Breaststroke	38.95	38.10	419	22/07/18	WDSC End of Season Long Course Meet	Wycombe	SE181512	3
100 Breaststroke	1:26.10	1:24.60	413	21/07/18	WDSC End of Season Long Course Meet	Wycombe	SE181512	3
200 Breaststroke	3:22.08	3:19.40	315	15/07/17	WDSC End of Season Open Meet 2017	Wycombe	SE171247	3
50 Butterfly	34.81	34.30	345	22/07/18	WDSC End of Season Long Course Meet	Wycombe	SE181512	3
100 Butterfly	1:31.40	1:30.60	223	15/07/17	WDSC End of Season Open Meet 2017	Wycombe	SE171247	3
50 Backstroke	39.19	38.70	321	15/07/17	WDSC End of Season Open Meet 2017	Wycombe	SE171247	3
100 Backstroke	1:15.50	1:14.40	437	22/07/18	WDSC End of Season Long Course Meet	Wycombe	SE181512	3
200 Backstroke	2:43.63	2:41.60	426	21/07/18	WDSC End of Season Long Course Meet	Wycombe	SE181512	3
200 Individual Medley	2:59.43	2:57.20	347	16/07/17	WDSC End of Season Open Meet 2017	Wycombe	SE171247	3
400 Individual Medley	6:09.39	6:04.60	372	21/07/18	WDSC End of Season Long Course Meet	Wycombe	SE181512	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.85	31.50	410	17/11/18	Leander Club Championships	London	LR182618	4
100 Freestyle	1:08.34	1:09.60	397	01/12/18	Leander Club Championships	London	LR182620	4
200 Freestyle	2:28.37	2:30.70	410	25/03/18	Black Swan Regional Qualifier Meet 2018	Elmbridge	SE180463	3
400 Freestyle	5:23.11	5:27.40	366	02/12/17	Ealing Christmas L3 Open	London	LR170531	3
800 Freestyle	10:40.59	10:49.60	413	30/11/18	Leander Club Championships	London	LR182619	4
50 Breaststroke	39.56	40.30	368	04/11/18	2018 London Swimming Regional Winter Champs	London	LR182146	2
100 Breaststroke	1:24.25	1:25.70	405	10/11/18	The NASL - London - Rounds 2018 - Premier Division	Watford	ER182089	2
200 Breaststroke	3:07.91	3:10.70	367	16/12/18	Leander County Qualifier Time Trials	London	LR182787	4
50 Butterfly	35.35	35.90	328	17/11/18	Leander Club Championships	London	LR182618	4
100 Butterfly	1:33.23	1:34.00	194	30/09/17	The Royals Autumn Open Meet	Walton on Thames	LR171469	3
50 Backstroke	36.63	37.20	327	17/11/18	Leander Club Championships	London	LR182618	4
100 Backstroke	1:14.64	1:15.70	397	25/03/18	Black Swan Regional Qualifier Meet 2018	Elmbridge	SE180463	3
200 Backstroke	2:42.46	2:44.50	392	17/11/18	Leander Club Championships	London	LR182618	4
200 Individual Medley	2:49.73	2:52.00	370	24/03/18	Black Swan Regional Qualifier Meet 2018	Elmbridge	SE180463	3
400 Individual Medley	6:02.88	6:07.70	363	01/12/18	Leander Club Championships	London	LR182620	4
100 Individual Medley	1:25.88	1:25.90	284	19/11/16	Leander Club Championship	London	LR162415	4