

Individual Best Times (All Time)

Alfred Lawrence - (894573) - Sudbury & District SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.24	30.90	296	11/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
100 Freestyle	1:06.52	1:07.80	306	28/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
200 Freestyle	2:25.82	2:28.20	316	28/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
400 Freestyle	5:27.68	5:31.90	271	28/09/14	Sudbury & District SC Michaelmas Two Day Meet	Sudbury	ER14006	3
800 Freestyle	11:08.97	11:17.60	291	11/07/14	Sudbury & District SC Club Championships 2014	Sudbury	ER4729	4
1500 Freestyle	21:58.55	22:14.10	264	16/07/14	Sudbury & District SC Club Championships 2014	Sudbury	ER4731	4
50 Breaststroke	48.81	49.50	133	12/01/14	Sudbury & District January Time Trials	Sudbury	ER4127	3
50 Butterfly	34.24	34.80	256	28/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3
50 Backstroke	39.52	40.00	175	13/07/14	Sudbury & District SC Club Championships 2014	Sudbury	ER4730	4
100 Backstroke	1:18.29	1:19.30	235	11/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
200 Backstroke	2:58.82	3:00.70	206	28/09/14	Sudbury & District SC Michaelmas Two Day Meet	Sudbury	ER14006	3
400 Individual Medley	6:07.96	6:12.70	259	11/04/15	Sudbury Spring Two Day Open Meet	Sudbury	ER150317	3
100 Individual Medley	1:16.86	1:16.90	263	28/06/15	Suffolk County ASA Development Championships	Newmarket	ER150658	3