

Individual Best Times (All Time)

Lara Greggs - (899920) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.26	29.60	474	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
100 Freestyle	1:05.72	1:04.40	487	22/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
200 Freestyle	2:23.91	2:21.50	482	16/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
400 Freestyle	5:02.66	4:58.00	470	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
800 Freestyle	10:37.09	10:27.90	440	16/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
50 Breaststroke	45.25	44.50	267	04/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
100 Breaststroke	1:33.77	1:32.40	319	04/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
200 Breaststroke	3:14.12	3:11.40	355	17/01/16	City of Sunderland New Year Meet	Sunderland	NE160356	1
50 Butterfly	33.07	32.50	403	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
100 Butterfly	1:25.58	1:24.70	272	05/07/15	City of Sunderland Summer Splash 2015	Sunderland	NE151248	3
50 Backstroke	36.58	36.00	395	31/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	NE151004	1
100 Backstroke	1:20.42	1:19.40	362	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
200 Backstroke	2:47.22	2:45.20	399	22/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
200 Individual Medley	2:46.87	2:44.50	431	09/07/16	City of Sunderland Summer Splash 2016	Sunderland	NE160857	3
400 Individual Medley	5:51.24	5:46.20	433	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.58	30.30	465	04/06/16	Derwentside 7th Annual Charity Swim Meet 2016	Stanley	NE160129	3
100 Freestyle	1:05.76	1:07.00	446	04/06/16	Derwentside 7th Annual Charity Swim Meet 2016	Stanley	NE160129	3
200 Freestyle	2:21.61	2:24.00	472	18/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
400 Freestyle	4:57.95	5:02.60	467	09/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
800 Freestyle	10:42.82	10:51.80	409	23/10/15	Chester-Le-Street 40th Anniversary Junior Meet	Chester-Le-Street	NE151510	3
50 Breaststroke	40.67	41.40	339	30/10/16	Chester le Street Junior Meet 2016	Chester-le-Street	NE161614	3
100 Breaststroke	1:28.63	1:30.00	348	05/06/16	Derwentside 7th Annual Charity Swim Meet 2016	Stanley	NE160129	3
200 Breaststroke	3:06.41	3:09.20	376	19/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
50 Butterfly	32.24	32.80	432	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	NE162070	2
100 Butterfly	1:19.89	1:20.80	309	22/09/16	City of Sunderland Club Champs 2016	Sunderland	NE162050	4
200 Butterfly	3:23.71	3:25.30	202	10/01/16	Peterlee & Derwentside New Year Meet	Stanley	NE160161	3
50 Backstroke	35.30	35.90	365	10/04/16	Gateshead & Whickham Spring Meet	Dunston	NE160595	3
100 Backstroke	1:14.82	1:15.90	394	18/06/16	Middlesbrough 2016 Open Meet	Middlesbrough	NE160355	3
200 Backstroke	2:40.73	2:42.80	405	24/09/16	Billingham Autumn Meet	Billingham	NE160250	3
200 Individual Medley	2:43.55	2:45.90	413	04/06/16	Derwentside 7th Annual Charity Swim Meet 2016	Stanley	NE160129	3
400 Individual Medley	5:52.08	5:57.00	397	12/12/15	Middlesborough Christmas Meet 2015	Middlesborough	NE152273	3
100 Individual Medley	1:17.89	1:17.90	381	09/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2