

# Individual Best Times (All Time)

Lisa Van Breugel - (925399) - City Of Oxford SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.11	28.40	533	05/05/12	British Gas South East Youth Championship	Crawley	SER214	1
100 Freestyle	1:00.53	59.10	623	06/05/12	British Gas South East Youth Championship	Crawley	SER214	1
200 Freestyle	2:08.79	2:06.10	672	10/04/14	10th Swim Cup	Eindhoven	GBR005	1
400 Freestyle	4:27.93	4:22.60	678	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
800 Freestyle	9:12.99	9:02.50	673	28/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
200 Butterfly	2:50.11	2:48.20	367	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	SE1586	1
100 Backstroke	1:16.00	1:14.90	429	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	SE1586	1
200 Backstroke	2:43.22	2:41.20	429	27/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	SE2588	1
200 Individual Medley	2:41.99	2:39.50	471	29/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	SE1586	1
400 Individual Medley	5:45.17	5:40.00	456	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	SE1586	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.87	28.60	556	17/03/12	Oxon & North Bucks County Championships	Aylesbury	CC2026	2
100 Freestyle	58.68	1:00.10	627	09/03/14	Oxfordshire & N Bucks County Championships	Aylesbury	CC4019	2
200 Freestyle	2:02.71	2:05.50	726	15/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2
400 Freestyle	4:17.16	4:22.60	727	16/02/14	Oxfordshire & N Bucks County Championships	Aylesbury	CC4018	2
800 Freestyle	8:55.49	9:06.20	708	07/12/13	ASA South East Region Winter Championships	Portsmouth	SER329	2
1500 Freestyle	17:43.43	18:02.60	622	06/04/12	City of Birmingham Open Meet	Birmingham	WM2033	2
50 Breaststroke	41.02	41.80	330	16/09/12	City of Oxford Club Championships	Oxford	SE2596	4
100 Breaststroke	1:22.38	1:23.90	433	10/03/12	Oxon & North Bucks Championships	Aylesbury	CC2031	2
200 Breaststroke	2:53.08	2:56.10	470	08/04/12	City of Birmingham Open Meet	Birmingham	WM2034	3
50 Butterfly	31.25	31.90	474	10/03/12	Oxon & North Bucks Championships	Aylesbury	CC2031	2
100 Butterfly	1:07.47	1:08.60	514	16/03/14	Oxon & North Bucks County Championships	Aylesbury	CC4020	2
200 Butterfly	2:31.67	2:33.70	490	18/03/12	Oxon & North Bucks County Championships	Aylesbury	CC2026	2
50 Backstroke	32.52	33.10	468	11/03/12	Oxon & North Bucks Championships	Aylesbury	CC2031	2
100 Backstroke	1:09.29	1:10.40	497	17/03/12	Oxon & North Bucks County Championships	Aylesbury	CC2026	2
200 Backstroke	2:27.90	2:30.10	520	09/04/12	City of Birmingham Open Meet	Birmingham	WM2033	2
200 Individual Medley	2:28.31	2:30.90	554	10/03/12	Oxon & North Bucks Championships	Aylesbury	CC2031	2
400 Individual Medley	5:14.08	5:19.60	560	19/02/12	Oxon & North Bucks County Championships	Aylesbury	CC2025	2
100 Individual Medley	1:12.84	1:12.80	466	17/03/12	Oxon & North Bucks County Championships	Aylesbury	CC2026	2