

Individual Best Times (All Time)

Lola Jones - (931516) - Brighton Dolphin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.10	32.50	362	01/03/15	Sussex County Championships	Crawley	CC150378	1
100 Freestyle	1:17.65	1:16.60	295	04/10/15	Crawley SC Lis Hartley LC Opportunity Meet 2015	Crawley	SE150732	3
200 Freestyle	2:46.21	2:44.10	312	04/10/15	Crawley SC Lis Hartley LC Opportunity Meet 2015	Crawley	SE150732	3
50 Breaststroke	47.45	46.80	232	05/10/14	Lis Hartley Long Course Opportunity Meet	Crawley	SE4740	3
50 Butterfly	37.22	36.70	282	04/10/15	Crawley SC Lis Hartley LC Opportunity Meet 2015	Crawley	SE150732	3
200 Butterfly	3:35.25	3:33.80	181	28/02/15	Sussex County Championships	Crawley	CC150378	1
50 Backstroke	39.35	38.80	318	24/04/16	Antwerp International Youth Swimming Cup	Antwerp, Belgium	GBR330	1
100 Backstroke	1:30.77	1:29.90	251	23/04/16	Antwerp International Youth Swimming Cup	Antwerp, Belgium	GBR330	1
200 Individual Medley	3:18.70	3:16.70	255	22/04/16	Antwerp International Youth Swimming Cup	Antwerp, Belgium	GBR330	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.35	32.00	391	10/01/16	Tom Handley Memorial Trophy Meet	Brighton	SE160017	3
100 Freestyle	1:10.34	1:11.50	364	10/01/16	Tom Handley Memorial Trophy Meet	Brighton	SE160017	3
200 Freestyle	2:39.64	2:41.80	329	24/11/15	Brighton Club Championships	Brighton	SE151533	4
400 Freestyle	5:36.36	5:40.50	325	23/01/16	Brighton Club Championships	Brighton	SE160057	4
50 Breaststroke	45.43	46.10	243	22/01/16	Brighton Club Championships	Brighton	SE160057	4
100 Breaststroke	1:40.42	1:41.70	239	20/10/14	Brighton Club Championships	Brighton	SE4854	4
200 Breaststroke	3:40.49	3:42.90	227	20/11/15	Brighton SC Club Championships	Brighton	SE151497	4
50 Butterfly	34.89	35.40	341	09/01/16	Tom Handley Memorial Trophy Meet	Brighton	SE160017	3
100 Butterfly	1:33.26	1:34.10	194	21/06/15	Sussex Development Gala	Eastbourne	SE151263	3
200 Butterfly	3:24.49	3:26.00	200	22/01/16	Brighton Club Championships	Brighton	SE160057	4
50 Backstroke	38.40	38.90	284	23/01/16	Brighton Club Championships	Brighton	SE160057	4
100 Backstroke	1:25.74	1:26.70	262	22/01/16	Brighton Club Championships	Brighton	SE160057	4
200 Backstroke	2:58.61	3:00.50	295	04/12/15	Brighton Club Championships	Brighton	SE151498	4
200 Individual Medley	3:05.75	3:07.90	282	20/11/15	Brighton SC Club Championships	Brighton	SE151497	4
100 Individual Medley	1:21.58	1:21.60	332	23/01/16	Brighton Club Championships	Brighton	SE160057	4