

# Individual Best Times (All Time)

Eleanor Lythgoe - (933393) - Grantham SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.77	29.10	498	11/04/15	Derventio Excel 9th Open Meet	Sheffield	EM150029	1
100 Freestyle	1:04.25	1:02.90	521	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	EM160046	1
200 Freestyle	2:19.07	2:16.60	534	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
400 Freestyle	5:00.20	4:55.50	482	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	NE160210	1
50 Breaststroke	38.59	37.80	431	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
100 Breaststroke	1:23.32	1:21.80	455	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
200 Breaststroke	2:59.52	2:56.60	449	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	EM160127	1
50 Butterfly	31.72	31.10	456	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
100 Butterfly	1:08.10	1:07.00	540	17/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	NE150169	1
200 Butterfly	2:26.26	2:24.10	577	30/05/15	Midlands Championships 2015	Coventry	WM150796	1
50 Backstroke	35.27	34.70	441	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	NE160210	1
100 Backstroke	1:15.26	1:14.20	442	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1
200 Backstroke	2:40.13	2:38.00	454	22/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
200 Individual Medley	2:34.66	2:32.10	542	22/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	EM160524	1
400 Individual Medley	5:29.70	5:24.30	524	01/05/16	ASA East Midland Region Swimming Champs	Sheffield	EM160780	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.91	29.60	498	06/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
100 Freestyle	1:03.09	1:04.40	505	01/11/15	Grantham Club Championships 2015	Grantham	EM151259	4
200 Freestyle	2:15.08	2:17.60	544	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
400 Freestyle	4:50.11	4:54.90	506	24/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
800 Freestyle	9:46.95	9:56.70	538	20/02/16	Lincolnshire County Championships 2016	Grantham	EM160116	2
50 Breaststroke	36.84	37.70	456	20/11/15	The Leicester Open Meet	Leicester	EM151050	2
100 Breaststroke	1:18.72	1:20.30	497	06/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
200 Breaststroke	2:50.41	2:53.50	492	22/11/15	The Leicester Open Meet	Leicester	EM151050	2
50 Butterfly	31.07	31.70	483	08/11/15	Midland 2015 Short Course Championships	Nottingham	EM151953	2
100 Butterfly	1:06.87	1:08.00	528	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
200 Butterfly	2:23.88	2:26.10	574	21/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150041	2
50 Backstroke	33.63	34.20	423	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
100 Backstroke	1:11.89	1:13.00	445	07/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
200 Backstroke	2:35.10	2:37.20	450	06/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
200 Individual Medley	2:29.75	2:32.40	538	06/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
400 Individual Medley	5:20.29	5:25.70	528	24/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2
100 Individual Medley	1:09.82	1:09.80	530	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2