

Individual Best Times (All Time)

Lauren Carroll - (937291) - Brompton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:41.37	1:40.50	132	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	SE3131	3
50 Breaststroke	1:02.62	1:02.10	100	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	SE3131	3
100 Breaststroke	2:12.62	2:11.70	113	20/10/12	Wycombe District SC Annual BC Meet	Wycombe	SE2513	3
50 Butterfly	56.31	56.00	81	20/10/12	Wycombe District SC Annual BC Meet	Wycombe	SE2513	3
50 Backstroke	35.89	35.30	419	17/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
200 Backstroke	3:49.87	3:48.40	153	13/04/13	The Bracknell Spring Level 3 Open Meet	Aldershot	SE3131	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.87	35.50	284	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
100 Freestyle	1:14.63	1:15.70	305	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
200 Freestyle	2:58.90	3:00.80	234	22/11/15	Brompton Mid Distance Club Championships 2015	London	LR152334	4
50 Breaststroke	46.05	46.70	233	28/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	LR151488	3
100 Breaststroke	1:45.84	1:47.00	204	31/10/15	Ealing November Open Meet	Northolt	LR150789	3
200 Breaststroke	3:46.08	3:48.40	210	22/11/15	Brompton Mid Distance Club Championships 2015	London	LR152334	4
50 Butterfly	39.65	40.10	232	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
100 Butterfly	1:33.15	1:34.00	195	28/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	LR151488	3
200 Butterfly	4:09.12	4:10.40	110	23/11/14	Brompton Winter Club Championships	Fulham	LR14643	4
50 Backstroke	35.46	36.00	361	06/02/16	MCASA County Championships 2016	Barnet	LR160281	2
100 Backstroke	1:18.08	1:19.10	347	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4
200 Backstroke	2:53.87	2:55.80	320	27/02/16	Ealing February L3 Open Meet	Northolt	LR160332	3
200 Individual Medley	3:11.09	3:13.10	259	22/11/15	Brompton Mid Distance Club Championships 2015	London	LR152334	4
100 Individual Medley	1:22.48	1:22.50	321	26/06/16	Brompton Summer Sprints Meet	London	LR161298	4