

Individual Best Times (All Time)

Laila Gilbert - (958487) - Team Luton Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.35	30.70	427	29/05/16	ASA East Region Long Course Championships	Luton	ER160821	1
100 Freestyle	1:14.70	1:13.60	331	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3
200 Freestyle	2:49.05	2:47.00	297	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
400 Freestyle	5:57.33	5:53.40	285	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
800 Freestyle	11:54.00	11:45.80	313	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Breaststroke	42.19	41.40	330	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Breaststroke	1:40.88	1:39.60	256	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3
200 Breaststroke	3:30.40	3:27.90	279	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Butterfly	38.73	38.20	250	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Butterfly	1:40.73	1:40.00	167	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
50 Backstroke	38.04	37.50	352	17/04/16	Team Luton April Long Course Meet	Luton	ER160181	1
100 Backstroke	1:27.96	1:27.00	276	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Backstroke	3:06.98	3:05.20	285	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	3:03.92	3:01.80	322	02/07/16	Bishops Stortord End of Season LC Open Meet	Luton	ER160490	3
400 Individual Medley	6:40.32	6:35.90	292	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.47	32.10	386	12/03/16	Team Luton Club Championships 2015 2016	Luton	ER160178	3
100 Freestyle	1:13.43	1:14.60	320	03/12/16	Team Luton Club Championships 2016 17	Luton	ER161907	4
200 Freestyle	2:36.45	2:38.70	350	10/09/16	Team Luton Club Championships 2016 17	Luton	ER161906	4
400 Freestyle	6:10.96	6:14.70	242	25/10/14	Flitwick Dolphins Open Meet	Biggleswade	ER14075	3
800 Freestyle	12:07.63	12:15.60	282	29/11/15	Team Luton Distance Time Trials 2015	Luton	ER152278	4
50 Breaststroke	42.03	42.80	307	12/12/15	National Arena League-London Div1&2 Rounds123	Luton	ER152123	3
100 Breaststroke	1:38.70	1:40.00	252	25/06/16	Team Luton Club Championships 2015 2016	Luton	ER160179	3
200 Breaststroke	3:26.82	3:29.40	275	03/12/16	Team Luton Club Championships 2016 17	Luton	ER161907	4
50 Butterfly	37.24	37.70	280	03/12/16	Team Luton Club Championships 2016 17	Luton	ER161907	4
100 Butterfly	1:31.64	1:32.50	205	16/10/16	Team Luton Autumn Short Course Meet	Luton	ER160087	3
200 Butterfly	3:40.29	3:41.70	160	18/10/14	Team Luton Club Championships	Luton	ER4534	4
50 Backstroke	38.78	39.30	276	25/06/16	Team Luton Club Championships 2015 2016	Luton	ER160179	3
100 Backstroke	1:29.05	1:30.00	234	10/09/16	Team Luton Club Championships 2016 17	Luton	ER161906	4
200 Backstroke	3:02.15	3:04.00	278	12/03/16	Team Luton Club Championships 2015 2016	Luton	ER160178	3
200 Individual Medley	3:03.39	3:05.50	293	03/12/16	Team Luton Club Championships 2016 17	Luton	ER161907	4
400 Individual Medley	6:19.46	6:24.10	317	16/10/16	Team Luton Autumn Short Course Meet	Luton	ER160087	3
100 Individual Medley	1:26.62	1:26.60	277	25/06/16	Team Luton Club Championships 2015 2016	Luton	ER160179	3