

Individual Best Times (All Time)

Lucy Hambrook - (973505) - Teddington SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	53.76	53.20	159	20/11/14	ISA London West Regional Championships	Guildford	SE4845	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.56	39.10	210	21/10/17	Richmond upon Thames Borough Championships	Teddington	LR171812	4
100 Freestyle	1:33.23	1:34.10	156	25/06/17	Teddington Club Championships 2017	Teddington	LR171055	4
200 Freestyle	3:20.55	3:22.30	166	25/06/17	Teddington Club Championships 2017	Teddington	LR171055	4
50 Breaststroke	49.07	49.70	193	21/10/17	Richmond upon Thames Borough Championships	Teddington	LR171812	4
200 Breaststroke	4:00.21	4:02.40	175	24/06/17	Teddington Club Championships 2017	Teddington	LR171055	4
50 Backstroke	48.59	49.00	140	21/10/17	Richmond upon Thames Borough Championships	Teddington	LR171812	4
100 Backstroke	1:46.86	1:47.60	135	25/06/17	Teddington Club Championships 2017	Teddington	LR171055	4