

Individual Best Times (All Time)

Natalie Allen - (550200) - East Anglian Swallow Tails

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:08.24	1:07.00	435	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
200 Freestyle	2:28.76	2:26.40	436	30/03/13	City of Norwich SC Easter Meet 2013	Norwich	ER3006	1
100 Backstroke	1:20.21	1:19.20	365	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1
200 Backstroke	2:46.99	2:45.00	400	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	ER3634	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.56	32.20	383	13/02/10	Hatfield Valentine Meet	Hertfordshire SV	ER0146	2
100 Freestyle	1:06.27	1:07.50	435	14/03/10	Norfolk County Champs	Thetford	CC0089	2
200 Freestyle	2:20.82	2:23.30	480	13/03/10	Norfolk County Champs	Thetford	CC0089	2
400 Freestyle	5:02.23	5:06.80	448	10/07/10	Midsummer Madness Meet	Norwich	ER0406	3
50 Butterfly	34.80	35.30	343	06/03/10	Norfolk County Champs	Thetford	CC0088	2
100 Butterfly	1:17.64	1:18.60	337	13/03/10	Norfolk County Champs	Thetford	CC0089	2
50 Backstroke	35.72	36.30	353	13/02/10	Hatfield Valentine Meet	Hertfordshire SV	ER0146	2
100 Backstroke	1:17.12	1:18.20	360	01/10/09	City of Norwich Champs	Norwich	ER9758	4
200 Backstroke	2:40.90	2:43.00	403	06/03/10	Norfolk County Champs	Thetford	CC0088	2
200 Individual Medley	2:50.02	2:52.30	368	02/03/08	Norfolk County Champs	Thetford	CC8097	2
100 Individual Medley	1:23.52	1:23.50	309	07/03/09	Norfolk County Champs	Thetford	CC9115	2