

Individual Best Times (All Time)

Lani Anthoney - (713823) - Carn Brea and Helston SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.92	30.20	445	27/05/17	The Plymouth Leander 2017	Plymouth	SW170070	1
200 Freestyle	2:52.58	2:50.60	279	23/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	SW150205	1
50 Breaststroke	51.28	50.70	183	24/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	SW150205	1
50 Butterfly	34.20	33.60	364	27/05/17	The Plymouth Leander 2017	Plymouth	SW170070	1
50 Backstroke	35.23	34.70	443	27/05/17	The Plymouth Leander 2017	Plymouth	SW170070	1
100 Backstroke	1:14.00	1:12.90	464	28/05/17	The Plymouth Leander 2017	Plymouth	SW170070	1
200 Backstroke	3:08.92	3:07.10	276	23/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	SW150205	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.43	30.10	472	03/02/18	Cornwall County ASA Championships	Penzance	SW180104	2
100 Freestyle	1:04.75	1:06.00	467	17/12/17	Plymouth Leander L3 Christmas Meet	Plymouth	SW172034	3
200 Freestyle	2:20.28	2:22.70	486	12/06/18	Carn Brea & Helston Club Championships	Carn Brea	SW180946	4
400 Freestyle	5:43.13	5:47.20	306	22/11/15	Carn Brea & Helston Distance Championships 2015	Carn Brea	SW151297	4
800 Freestyle	11:49.31	11:57.40	304	29/11/15	Carn Brea & Helston Distance Championships 2015	Carn Brea	SW151298	4
50 Breaststroke	44.74	45.40	254	18/12/16	Plymouth Leander L3 Christmas Meet	Plymouth	SW161122	3
100 Breaststroke	1:45.98	1:47.20	203	08/06/15	Carn Brea & Helston Club Championships 2015	Carn Brea	SW150976	4
200 Breaststroke	3:44.40	3:46.70	215	07/06/15	Carn Brea & Helston Club Championships 2015	Carn Brea	SW150975	4
50 Butterfly	31.74	32.30	453	04/02/18	Cornwall County ASA Championships	Bodmin	SW180105	2
50 Backstroke	33.38	34.00	432	07/10/17	Carn Brea & Helston L2 Open Meet 2017	Penzance	SW171582	2
100 Backstroke	1:10.83	1:12.00	465	11/06/18	Carn Brea & Helston Club Championships	Carn Brea	SW180945	4
200 Backstroke	2:33.79	2:35.90	462	12/06/18	Carn Brea & Helston Club Championships	Carn Brea	SW180946	4
200 Individual Medley	3:00.13	3:02.30	309	17/10/16	Carn Brea & Helston Distance Champs	Carn Brea	SW161718	4
100 Individual Medley	1:17.85	1:17.80	382	11/03/17	Carn Brea & Helston 1st Open Sprint Meet	Penzance	SW170053	3