

Individual Best Times (All Time)

Lauren Alff - (818516) - Hastings Seagull SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.36	28.60	520	14/02/16	Sussex County Championships	Crawley	SE160360	1
100 Freestyle	1:02.82	1:01.50	557	26/03/16	Portsmouth Northsea Easter Festival	Portsmouth	SE160363	1
200 Freestyle	2:14.89	2:12.30	585	27/02/16	Sussex County Championships	Crawley	SE160361	1
400 Freestyle	4:52.76	4:47.90	519	28/02/16	Sussex County Championships	Crawley	SE160361	1
800 Freestyle	10:26.55	10:17.20	463	04/02/18	Sussex County Championships & Age Group Comp	Crawley	SE180606	1
50 Breaststroke	39.99	39.20	387	04/10/15	Crawley SC Lis Hartley LC Opportunity Meet 2015	Crawley	SE150732	3
100 Breaststroke	1:26.62	1:25.20	405	03/10/15	Crawley SC Lis Hartley LC Opportunity Meet 2015	Crawley	SE150732	3
200 Breaststroke	3:10.88	3:08.10	374	09/04/17	Crawley Spring LC Level 1 Meet	Crawley	SE170006	1
50 Butterfly	31.48	30.90	467	02/04/16	Guildford City Springboard Level 1 Open Meet	Guildford	SE160058	1
100 Butterfly	1:14.82	1:13.80	407	15/03/15	Sussex County Championships	Crawley	CC150379	1
50 Backstroke	35.19	34.60	444	15/03/15	Sussex County Championships	Crawley	CC150379	1
100 Backstroke	1:16.82	1:15.80	415	14/03/15	Sussex County Championships	Crawley	CC150379	1
200 Backstroke	2:46.75	2:44.70	402	28/02/15	Sussex County Championships	Crawley	CC150378	1
200 Individual Medley	2:39.90	2:37.40	490	03/10/15	Crawley SC Lis Hartley LC Opportunity Meet 2015	Crawley	SE150732	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.26	29.00	534	21/11/15	Hastings Seagull SC Santa Sprint Open Meet 2015	Hastings	SE151060	3
100 Freestyle	1:00.80	1:02.20	564	08/10/16	NASL South	Crawley	SE162300	3
200 Freestyle	2:09.75	2:12.40	614	21/04/16	Hastings Seagull Club Championships	Hastings	SE160562	4
400 Freestyle	4:42.76	4:47.70	547	13/07/17	Hastings Seagull Club Championships	Hastings	SE170608	4
800 Freestyle	9:52.53	10:02.20	523	14/12/17	Hastings Seagull Club Championships	Hastings	SE170611	4
50 Breaststroke	38.99	39.80	385	10/09/16	Brighton Ken Deeley Open	Brighton	SE161388	3
100 Breaststroke	1:21.95	1:23.50	440	21/04/16	Hastings Seagull Club Championships	Hastings	SE160562	4
200 Breaststroke	3:05.73	3:08.60	380	17/10/13	Hastings Seagulls Club Championships	Hastings	SE3372	4
50 Butterfly	30.87	31.50	492	21/11/15	Hastings Seagull SC Santa Sprint Open Meet 2015	Hastings	SE151060	3
100 Butterfly	1:10.94	1:12.00	442	19/11/15	Hastings Seagull SC Club Championships - Heats 1-5	Hastings	SE150774	4
200 Butterfly	3:39.53	3:41.00	161	21/04/12	Black Lion SC Level 3 Spring Open Meet	Gillingham	SE2264	3
50 Backstroke	33.20	33.80	439	10/09/16	Brighton Ken Deeley Open	Brighton	SE161388	3
100 Backstroke	1:12.16	1:13.30	440	09/06/16	Hastings Seagull Club Championships Heats 1-5	Hastings	SE160563	4
200 Backstroke	2:37.08	2:39.20	434	11/01/14	Tom Handley Memorial Open Meet 2014	Brighton	SE4020	2
200 Individual Medley	2:34.34	2:36.90	492	15/10/15	Hastings Seagull Club Championships - Heats 1-5	Hastings	SE150773	4
400 Individual Medley	5:40.65	5:45.80	439	30/07/15	Hastings Seagull SC Club Championships - Heats 1-5	Hastings	SE150772	4
100 Individual Medley	1:11.88	1:11.90	485	16/10/16	Sussex County ASA Winter Short Competition 2016	Crawley	SE161768	2