

Individual Best Times (All Time)

Lowenna Bainbridge - (953434) - Kingston Upon Hull SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.55	32.90	348	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
100 Freestyle	1:13.43	1:12.30	349	24/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	NE160160	3
200 Freestyle	2:40.36	2:38.20	348	24/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	NE160160	3
50 Breaststroke	45.33	44.60	266	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
100 Breaststroke	1:36.50	1:35.20	293	20/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
200 Breaststroke	3:27.17	3:24.60	292	21/01/18	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE180029	3
50 Backstroke	36.95	36.40	384	11/02/17	Yorkshire SA County Championships	Sheffield	NE170142	1
100 Backstroke	1:21.64	1:20.60	346	08/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1
200 Backstroke	2:54.28	2:52.40	352	21/01/17	Rotherham Metro 'A' & 'B' Grade Long Course Meet	Sheffield	NE170150	3
200 Individual Medley	3:06.84	3:04.70	307	09/04/17	Richmond Dales April Fool Gala	Leeds	NE170269	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.79	33.40	341	15/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170734	3
100 Freestyle	1:10.94	1:12.10	355	02/07/16	KUH End of Season Short Course Meet	Kingston upon Hull	NE160709	3
200 Freestyle	2:31.69	2:34.00	384	02/07/16	KUH End of Season Short Course Meet	Kingston upon Hull	NE160709	3
400 Freestyle	5:24.50	5:28.80	362	11/06/16	Kingston Upon Hull Club Championships 2016	Hull	NE160146	4
800 Freestyle	11:15.75	11:24.30	352	10/03/17	KUHSC Club Championships 2017	Kingston upon Hull	NE170415	4
50 Breaststroke	43.54	44.30	276	15/07/17	Rotherham Metro 'A' & 'B' Grade Short Course Meet	Sheffield	NE170734	3
100 Breaststroke	1:33.99	1:35.30	292	07/10/18	Kingston Upon Hull Regional Qualifier Short Course	Ennerdale LC	NE181712	3
200 Breaststroke	3:16.80	3:19.50	319	30/06/18	Kingston upon Hull End of Season Short Course Meet	Ennerdale LC	NE180622	3
50 Butterfly	39.25	39.70	239	22/07/17	KUHSC Club Sprints Gala	Hull	NE171670	3
100 Butterfly	1:35.19	1:36.00	183	09/01/16	Kingston Upon Hull Club Championships 2016	Hull	NE160142	4
200 Butterfly	3:31.75	3:33.20	180	20/06/15	Kingston upon Hull Championships 2015	Hull	NE150133	4
50 Backstroke	35.48	36.00	360	09/10/16	KUHSC Regional Qualifier Meet	Hull	NE162096	3
100 Backstroke	1:16.79	1:17.80	365	02/07/16	KUH End of Season Short Course Meet	Kingston upon Hull	NE160709	3
200 Backstroke	2:46.36	2:48.40	365	03/07/16	KUH End of Season Short Course Meet	Kingston upon Hull	NE160709	3
200 Individual Medley	2:58.51	3:00.70	318	04/12/16	Doncaster Dartes Swim Along A Santa	Beverley	NE160724	3
400 Individual Medley	6:16.88	6:21.50	324	05/03/16	Kingston Upon Hull SC Club Championships 2016	Hull	NE160143	4
100 Individual Medley	1:29.34	1:29.30	253	19/10/14	Hull & District SA Championship Gala Series	Hull	NE4300	4