

Individual Best Times (All Time)

Lucy Alfrink - (1182740) - Worcester SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	42.97	43.50	151	09/12/18	Worcester Age Group Championships 2018	Worcester	WM182042	4
100 Freestyle	1:35.80	1:36.70	144	30/06/18	Worcester Swimming Club Summer Open Meet	Worcester	WM181276	3
200 Freestyle	3:24.00	3:25.70	158	11/11/18	Worcester Age Group Championships 2018	Worcester	WM182040	4
50 Breaststroke	58.25	58.80	115	30/06/18	Worcester Swimming Club Summer Open Meet	Worcester	WM181276	3
100 Breaststroke	1:57.64	1:58.70	148	01/07/18	Worcester Swimming Club Summer Open Meet	Worcester	WM181276	3
200 Breaststroke	4:12.98	4:15.10	150	11/11/18	Worcester Age Group Championships 2018	Worcester	WM182040	4
50 Butterfly	48.91	49.30	123	30/06/18	Worcester Swimming Club Summer Open Meet	Worcester	WM181276	3
50 Backstroke	46.32	46.80	161	11/11/18	Worcester Age Group Championships 2018	Worcester	WM182040	4
100 Backstroke	1:36.45	1:37.30	184	25/11/18	Worcester Age Group Championships 2018	Worcester	WM182041	4
100 Individual Medley	1:40.55	1:40.60	177	09/12/18	Worcester Age Group Championships 2018	Worcester	WM182042	4