

Individual Best Times (All Time)

Zoe Allen - (1245358) - City of Linc Pentaqua SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	39.01	38.50	221	01/07/17	2nd Summer Spectacular Sprint Meet	Sheffield	EM170277	3
100 Freestyle	1:25.26	1:24.30	223	01/07/17	2nd Summer Spectacular Sprint Meet	Sheffield	EM170277	3
50 Breaststroke	43.23	42.50	306	08/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	EM180704	3
100 Breaststroke	1:34.54	1:33.20	312	16/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
200 Breaststroke	3:21.13	3:18.50	319	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
50 Butterfly	36.34	35.80	303	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
100 Butterfly	1:23.13	1:22.20	297	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
50 Backstroke	39.37	38.90	317	16/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
100 Backstroke	1:33.73	1:32.90	228	01/07/17	2nd Summer Spectacular Sprint Meet	Sheffield	EM170277	3
200 Individual Medley	2:59.15	2:56.90	348	08/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	EM180704	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.51	35.10	293	14/07/18	City of Lincoln Pentaqua Sprint Gala Club Champs	North Kesteven	EM181426	4
100 Freestyle	1:11.87	1:13.00	341	28/10/18	Retford 9th Level 3 Peter Jervis Memorial Meet	Retford	EM181998	3
200 Freestyle	3:40.22	3:41.80	125	01/11/15	CLP Club Championships 2015	Lincoln	EM151048	4
400 Freestyle	5:36.84	5:41.00	323	11/11/18	City of Lincoln Pentaqua Distance	Lincoln	EM181424	4
50 Breaststroke	41.26	42.00	325	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3
100 Breaststroke	1:30.29	1:31.70	329	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3
200 Breaststroke	3:58.39	4:00.60	179	16/10/16	CLP "200" Club Championships	Lincoln	EM162446	4
50 Butterfly	35.71	36.20	318	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3
100 Butterfly	1:19.88	1:20.80	309	20/01/19	Lincolnshire County Championships 2019	Grantham	EM190237	2
50 Backstroke	38.73	39.20	277	05/05/18	Tulip Open Meet 2018	Spalding	EM180727	3
100 Backstroke	1:30.49	1:31.40	223	11/06/17	Dual Meet v Gainsborough Dolphins	Lincoln	EM171559	4
200 Individual Medley	2:54.31	2:56.60	341	28/10/18	Retford 9th Level 3 Peter Jervis Memorial Meet	Retford	EM181998	3
100 Individual Medley	1:23.32	1:23.30	311	14/07/18	City of Lincoln Pentaqua Sprint Gala Club Champs	North Kesteven	EM181426	4