

Individual Best Times (All Time)

Sally Bennett - (1372286) - Lancaster City SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.44	35.00	295	11/07/21	Lancaster City	Salt Ayre	LEX3241	0
100 Freestyle	1:17.79	1:18.90	269	15/08/21	Lancaster	Salt Ayre	LEX3781	0
50 Breaststroke	45.13	45.80	248	17/07/22	Lancaster City AS&WP Club Summer Gala 2022	Lancaster	NW221314	4
100 Breaststroke	1:42.71	1:43.90	223	15/08/21	Lancaster	Salt Ayre	LEX3781	0
200 Breaststroke	3:32.30	3:34.80	254	17/07/22	Lancaster City AS&WP Club Summer Gala 2022	Lancaster	NW221314	4
50 Backstroke	40.22	40.70	247	11/07/21	Lancaster City	Salt Ayre	LEX3241	0
100 Backstroke	1:33.38	1:34.20	203	12/12/21	Lancaster City AS&WPC 2021 Winter Gala	Lancaster	NW211401	4