

Individual Best Times (All Time)

Nina Allen - (1525575) - Newmarket & Dist SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.53	34.90	293	03/04/22	SE East Region Development Competition 2022	Norwich	ER220676	1
100 Freestyle	1:08.76	1:07.50	425	18/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
200 Freestyle	2:29.19	2:26.80	432	23/04/23	Swim England East Region LC Championships 2023	Norwich	ER230333	1
800 Freestyle	11:42.68	11:34.40	328	14/01/23	SE Suffolk County Championships 2023	Norwich	ER230211	1
50 Breaststroke	41.14	40.40	356	23/04/23	Swim England East Region LC Championships 2023	Norwich	ER230333	1
100 Breaststroke	1:32.78	1:31.40	330	18/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
50 Butterfly	42.26	41.80	193	03/04/22	SE East Region Development Competition 2022	Norwich	ER220676	1
50 Backstroke	36.93	36.40	384	18/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1
100 Backstroke	1:19.40	1:18.40	376	19/03/23	Team Luton March LC Meet 2023	Luton	ER230045	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.12	31.80	400	21/01/23	SE Suffolk County Championships 2023	Ipswich	ER230212	2
100 Freestyle	1:08.57	1:09.80	393	05/03/23	Newmarket & District SC Spring Open Meet 2023	Newmarket	ER230215	3
200 Freestyle	2:28.38	2:30.70	410	05/03/23	Newmarket & District SC Spring Open Meet 2023	Newmarket	ER230215	3
400 Freestyle	5:30.55	5:34.80	342	05/02/23	SE Suffolk County Championships 2023	Ipswich	ER230214	2
800 Freestyle	11:48.14	11:56.30	306	28/09/22	Newmarket & District Endurance Club Champs 2022	Newmarket	ER222073	4
50 Breaststroke	41.69	42.40	315	29/01/23	SE Suffolk County Championships 2023	Ipswich	ER230213	2
100 Breaststroke	1:32.11	1:33.50	310	04/03/23	Newmarket & District SC Spring Open Meet 2023	Newmarket	ER230215	3
200 Breaststroke	3:20.05	3:22.70	304	05/03/23	Newmarket & District SC Spring Open Meet 2023	Newmarket	ER230215	3
50 Butterfly	38.50	39.00	253	24/05/21	Newmarket	Newmarket	LEX1643	0
50 Backstroke	35.47	36.00	360	05/03/23	Newmarket & District SC Spring Open Meet 2023	Newmarket	ER230215	3
100 Backstroke	1:18.17	1:19.20	346	04/03/23	Newmarket & District SC Spring Open Meet 2023	Newmarket	ER230215	3
200 Backstroke	2:48.70	2:50.70	350	05/03/23	Newmarket & District SC Spring Open Meet 2023	Newmarket	ER230215	3
100 Individual Medley	1:21.20	1:21.20	337	21/01/23	SE Suffolk County Championships 2023	Ipswich	ER230212	2