

Individual Best Times (All Time)

Alice Alampi - (1576578) - Elmbridge Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.51	27.80	567	05/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Freestyle	1:03.79	1:02.50	532	09/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
200 Freestyle	2:19.66	2:17.20	527	08/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
400 Freestyle	5:17.79	5:13.30	406	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Breaststroke	40.76	40.00	366	08/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
100 Breaststroke	1:30.55	1:29.10	355	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
200 Breaststroke	3:28.91	3:26.40	285	05/12/21	Rushmoor Royals SC Dec LC County Qualifier	Aldershot Garrison	SE211421	3
50 Butterfly	30.84	30.20	497	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1
50 Backstroke	33.06	32.40	536	04/05/24	SE South East Region LC Championships 2024	High Wycombe	SE240686	1
100 Backstroke	1:13.02	1:11.90	483	07/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley	SE230532	1
200 Individual Medley	2:40.37	2:37.90	486	06/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley	SE240321	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.21	28.90	537	17/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
100 Freestyle	1:00.46	1:01.80	574	12/11/22	Arena Swimming League South - Round Two	Portsmouth	SE222326	4
200 Freestyle	2:16.80	2:19.30	524	04/03/23	Ealing SC Regional Qualifier Meet 2023	Northolt	LR230112	3
400 Freestyle	5:26.62	5:30.90	355	15/06/21	Elmbridge Phoenix	Xcel Leisure Complex	LEX1911	0
50 Breaststroke	39.06	39.90	383	04/03/23	Ealing SC Regional Qualifier Meet 2023	Northolt	LR230112	3
100 Breaststroke	1:28.09	1:29.50	354	08/10/23	Elmbridge Phoenix Club Championships 2023	Walton on Thames	SE232057	4
200 Breaststroke	3:27.06	3:29.60	274	23/05/21	Elmbridge Phoenix	Xcel Leisure Complex	LEX1315	0
50 Butterfly	30.24	30.90	524	04/11/23	SE South East Regional Winter Championships 2023	Winchester	SE232053	2
100 Butterfly	1:15.05	1:16.10	373	17/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
50 Backstroke	32.55	33.20	466	16/12/23	Amersham Swimming Club County Qualifier SC Meet	Amersham	SE232224	3
100 Backstroke	1:11.55	1:12.70	451	08/10/22	National Arena Swim League South Round One	Maidenhead	SE222052	3
200 Individual Medley	2:36.86	2:39.40	468	13/01/24	Kingston Royals New Year County Qualifier Meet 202	Walton-on-Thames	LR240112	3
100 Individual Medley	1:13.88	1:13.90	447	19/11/22	The Royals Autumn Open Meet 2022	Walton-on-Thames	LR221183	3