

Individual Best Times (Masters)

Lauren Pate - (351390) - City of Stoke SC (Cosacss)

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Butterfly	29.99	540	15/06/19	British Masters Champs 2019	Swansea	MAS853	0
100 Butterfly	1:06.53	579	15/06/19	British Masters Champs 2019	Swansea	MAS853	0
200 Butterfly	2:32.46	510	16/06/19	British Masters Champs 2019	Swansea	MAS853	0
100 Backstroke	1:08.38	589	16/06/19	British Masters Champs 2019	Swansea	MAS853	0
200 Individual Medley	2:33.81	551	15/06/19	British Masters Champs 2019	Swansea	MAS853	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	28.00	549	30/10/20	COSACSS	Fenton Manor	LEX191	0
100 Freestyle	1:02.51	519	07/03/20	Staffordshire Masters Open 2020	Stafford	MAS909	0
50 Butterfly	29.56	561	26/10/19	Swim England National Masters	Sheffield	MAS882	0
100 Butterfly	1:04.37	592	25/10/19	Swim England National Masters	Sheffield	MAS882	0
200 Butterfly	2:28.02	527	27/10/19	Swim England National Masters	Sheffield	MAS882	0
50 Backstroke	30.93	544	25/10/19	Swim England National Masters	Sheffield	MAS882	0
100 Backstroke	1:05.53	587	27/10/19	Swim England National Masters	Sheffield	MAS882	0
100 Individual Medley	1:08.71	556	27/10/19	Swim England National Masters	Sheffield	MAS882	0