

Individual Best Times (Masters)

Lauren Pate - (351390) - City of Stoke SC (Cosacss) - 50 Backstroke - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
30.93	544	H	25/10/19	Swim England National Masters	Sheffield	MAS882	0
31.86	497	H	07/03/20	Staffordshire Masters Open 2020	Stafford	MAS909	0
31.87	497	H	12/11/23	Midland Masters Inter-Counties 2023	Moorways	MAS1095	0
31.93	494		14/11/21	Masters Inter-County Meet 2021	Various	MAS987	0
31.94	494	H	29/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
32.01	490		18/11/18	Swim England Masters Inter County Competition	Various	MAS811	0
32.09	487	H	28/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
32.39	473	H	30/09/23	West Midlands SC Masters Championships 2023	Coventry	MAS1084	0
32.58	465	H	23/03/19	Staffordshire Masters 2019	Stafford	MAS829	0
32.68	461	H	14/04/24	Staffordshire Masters County Meet 2024	Staffordshire	MAS1146	0
32.71	459		10/11/19	Swim England Masters Inter-County - East West Mid	Rugby	MAS892	0
32.86	453	H	30/03/24	SE West Midlands Masters Championships 2024	Coventry	MAS1139	0
33.05	445	H	15/04/23	Staffordshire Masters Meet	Staffordshire	MAS1030	0

Swim Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
32.68	461	H	14/04/24	Staffordshire Masters County Meet 2024	Staffordshire	MAS1146	0
32.86	453	H	30/03/24	SE West Midlands Masters Championships 2024	Coventry	MAS1139	0
31.87	497	H	12/11/23	Midland Masters Inter-Counties 2023	Moorways	MAS1095	0
32.09	487	H	28/10/23	Swim England Masters National Championships 2023	Sheffield	MAS1090	0
32.39	473	H	30/09/23	West Midlands SC Masters Championships 2023	Coventry	MAS1084	0
33.05	445	H	15/04/23	Staffordshire Masters Meet	Staffordshire	MAS1030	0
31.93	494		14/11/21	Masters Inter-County Meet 2021	Various	MAS987	0
31.94	494	H	29/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
31.86	497	H	07/03/20	Staffordshire Masters Open 2020	Stafford	MAS909	0
32.71	459		10/11/19	Swim England Masters Inter-County - East West Mid	Rugby	MAS892	0
30.93	544	H	25/10/19	Swim England National Masters	Sheffield	MAS882	0
32.58	465	H	23/03/19	Staffordshire Masters 2019	Stafford	MAS829	0
32.01	490		18/11/18	Swim England Masters Inter County Competition	Various	MAS811	0