

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.35	24.50	561	16/05/15	Northampton Spring Festival	Corby	EM150349	1
100 Freestyle	57.24	55.80	548	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	ER4036	1
200 Freestyle	1:58.20	1:55.20	642	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	EM171188	1
800 Freestyle	10:21.48	10:12.10	385	19/02/11	Suffolk County Championships	Norwich	CC1032	1
1500 Freestyle	18:01.37	17:42.10	522	09/03/13	Suffolk County Championships	Norwich	CC3077	1
50 Breaststroke	29.27	28.20	696	16/12/17	Swim England Winter Championships 2017	Sheffield	ASA154	1
100 Breaststroke	1:03.42	1:01.40	721	25/07/17	British Summer Championships	Sheffield	BSW002	1
200 Breaststroke	2:18.29	2:14.40	747	01/08/15	British Summer Championships	Sheffield	ASA141	1
50 Butterfly	29.21	28.60	443	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
100 Butterfly	1:06.10	1:04.90	418	05/05/13	ASA East Region Youth Championships	Luton	ERX312	1
200 Individual Medley	2:09.94	2:06.90	675	06/08/15	ASA Summer Nationals 2015	Sheffield	ASA142	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.51	25.30	556	14/07/19	Teamipswich July Surprize Meet 2019	Ipswich	ER190273	3
100 Freestyle	53.41	54.90	591	08/03/15	Suffolk County Championships	Ipswich	CC150048	2
200 Freestyle	1:55.73	1:58.70	633	19/11/16	Teamipswich November Open 2016	Ipswich	ER161722	3
400 Freestyle	4:08.54	4:14.10	622	21/03/15	Suffolk County Championships	Ipswich	CC150050	2
1500 Freestyle	17:24.03	17:43.60	533	14/02/15	Suffolk County Championships	Norwich	CC150047	2
50 Breaststroke	28.54	29.60	668	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2
100 Breaststroke	1:01.08	1:03.10	741	14/12/19	NASL London Round 3	Inspire, Luton	ER192873	2
200 Breaststroke	2:13.67	2:17.50	726	18/12/16	ASA Winter Meet 2016	Sheffield	ASA153	2
50 Butterfly	26.94	27.60	526	11/02/24	Ledbury and Malvern SC Club Gala 1 2024	Malvern	WM240633	4
100 Butterfly	57.76	59.10	566	27/11/22	Chichester Cormorants SC Club Championships 2022	Portsmouth	SE222445	4
200 Butterfly	2:22.96	2:25.20	417	16/11/13	Stowmarket SC Club Championships	Stowmarket	ER3886	4
50 Backstroke	32.49	33.10	315	01/12/13	Stowmarket SC Club Championships	Stowmarket	ER3886	4
100 Backstroke	1:04.80	1:06.00	414	23/11/14	Teamipswich Club Championships	Ipswich	ER14549	4
200 Backstroke	2:13.34	2:15.80	497	16/03/14	Suffolk County Championships	Ipswich	CC4084	2
200 Individual Medley	2:04.76	2:07.90	678	14/12/19	NASL London Round 3	Inspire, Luton	ER192873	2
400 Individual Medley	4:46.16	4:52.20	552	15/03/14	Suffolk County Championships	Ipswich	CC4084	2
100 Individual Medley	58.44	58.40	599	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	ER192086	2