

# Individual Best Times (All Time)

Alicia Cole - (1117327) - Adwick (Doncaster) SC - 200 Breaststroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:59.34	451	H	06/05/18	North East Region Championships	Sheffield	Donc Dartes	1
3:00.90	439	H	14/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Donc Dartes	1
3:01.83	432	H	15/04/18	City of Leeds National Qualifier 2018	Leeds	Donc Dartes	1
3:02.60	427	F	15/04/18	City of Leeds National Qualifier 2018	Leeds	Donc Dartes	1
3:03.14	423	H	27/05/17	ASA North East Region Championships	Sunderland	Donc Dartes	1
3:03.72	419	H	26/05/18	Plymouth Leander Level 1 National Qualifier	Plymouth	Donc Dartes	1
3:05.24	409	H	28/05/16	ASANER Regional Championships 2016	Sheffield	Donc Dartes	1
3:05.49	407	H	25/02/17	Yorkshire SA County Championships	Leeds	Donc Dartes	1
3:06.13	403	H	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	Donc Dartes	1
3:06.23	402	H	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Donc Dartes	1
3:07.76	393	H	20/03/16	City of Sunderland National Qualifier	Sunderland	Donc Dartes	1
3:08.30	389	H	13/02/16	Yorkshire County Championships	Leeds	Donc Dartes	1
3:08.46	388	H	24/04/16	City of Leeds National Qualifying Meet 2016	Leeds	Donc Dartes	1
3:09.54	382	H	30/05/15	Sports Aid Long Course Licensed Meet	Leeds		1
3:10.21	378		16/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	Donc Dartes	3
3:11.92	368	H	13/06/15	ASA North East Regional Age Group Championships	Sheffield		1
3:12.72	363	H	21/02/15	Yorkshire County Championships	Leeds		1
3:13.92	356		01/05/15	Doncaster Dartes May Day Meet	Leeds	Dearne Vall	3
3:14.05	356	H	12/04/15	Stockport Metro April LC Open Meet	Stockport		1
3:16.70	341	F	21/02/15	Yorkshire County Championships	Leeds		1
3:33.13	268	H	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	Dearne Vall	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:03.72	419	H	26/05/18	Plymouth Leander Level 1 National Qualifier	Plymouth	Donc Dartes	1
2:59.34	451	H	06/05/18	North East Region Championships	Sheffield	Donc Dartes	1

3:02.60	427	F	15/04/18	City of Leeds National Qualifier 2018	Leeds	Donc Dartes	1
3:01.83	432	H	15/04/18	City of Leeds National Qualifier 2018	Leeds	Donc Dartes	1
3:00.90	439	H	14/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Donc Dartes	1
3:06.13	403	H	05/11/17	ASA North East Region Senior Junior Champs	Sheffield	Donc Dartes	1
3:03.14	423	H	27/05/17	ASA North East Region Championships	Sunderland	Donc Dartes	1
3:05.49	407	H	25/02/17	Yorkshire SA County Championships	Leeds	Donc Dartes	1
3:06.23	402	H	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Donc Dartes	1
3:10.21	378		16/07/16	Doncaster Dartes End of Season Long Course Meet	Leeds	Donc Dartes	3
3:05.24	409	H	28/05/16	ASANER Regional Championships 2016	Sheffield	Donc Dartes	1
3:08.46	388	H	24/04/16	City of Leeds National Qualifying Meet 2016	Leeds	Donc Dartes	1
3:07.76	393	H	20/03/16	City of Sunderland National Qualifier	Sunderland	Donc Dartes	1
3:08.30	389	H	13/02/16	Yorkshire County Championships	Leeds	Donc Dartes	1
3:11.92	368	H	13/06/15	ASA North East Regional Age Group Championships	Sheffield		1
3:09.54	382	H	30/05/15	Sports Aid Long Course Licensed Meet	Leeds		1
3:13.92	356		01/05/15	Doncaster Dartes May Day Meet	Leeds	Dearne Vall	3
3:14.05	356	H	12/04/15	Stockport Metro April LC Open Meet	Stockport		1
3:16.70	341	F	21/02/15	Yorkshire County Championships	Leeds		1
3:12.72	363	H	21/02/15	Yorkshire County Championships	Leeds		1
3:33.13	268	H	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	Dearne Vall	3