

Individual Best Times (All Time)

Tom Longley - (1253681) - Copeland ASC - 50 Backstroke - 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
29.95	486	H	11/05/24	ARENA Manchester Open Meet 2024	Manchester	Copeland	1
29.96	485		23/03/24	York City Baths Club National Qualifier 2024	Leeds		1
30.01	483	H	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Copeland	1
30.31	469	F	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Copeland	1
30.89	443	H	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	Copeland	3
30.94	440	H	01/10/23	COMAST Arena Manchester Winter Regional Qualifier	Manchester	Copeland	3
31.96	400	H	01/04/23	City of Sunderland National Qualifier Meet 2023	Sunderland	Copeland	1
32.03	397	H	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Copeland	1
32.58	377	F	06/05/23	Swansea Aquatic May LC Meet	Swansea		1

Swims in Date Order

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29.95	486	H	11/05/24	ARENA Manchester Open Meet 2024	Manchester	Copeland	1
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