

# Individual Best Times (All Time)

Clara Spence - (1372278) - Carnforth & Dist Otters - 100 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
1:09.01	573	H	11/02/24	Lancashire County Championships 2024	Manchester	Carnforth	1
1:09.55	560	F	14/04/24	City of Leeds National Qualifier 2024	Leeds	Carnforth	1
1:09.82	553	F	03/08/23	Swim Wales Summer Open 2023	Swansea		1
1:09.82	553	F	11/02/24	Lancashire County Championships 2024	Manchester	Carnforth	1
1:09.83	553	H	14/04/24	City of Leeds National Qualifier 2024	Leeds	Carnforth	1
1:09.86	552	H	21/04/24	SENW Regional Summer Championships 2024	Manchester	Carnforth	1
1:09.96	550	F	21/04/24	SENW Regional Summer Championships 2024	Manchester	Carnforth	1
1:10.31	542	H	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Carnforth	1
1:10.38	540	H	03/08/23	Swim Wales Summer Open 2023	Swansea		1
1:10.44	539	F	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Carnforth	1
1:12.24	499	F	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Carnforth	1
1:12.31	498	H	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Carnforth	1
1:12.35	497	H	11/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	Carnforth	1
1:15.14	444	H	24/04/22	SE North West Summer Regional Swimming Champs	Liverpool	Carnforth	1
1:15.72	434	H	05/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Lancaster	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:09.96	550	F	21/04/24	SENW Regional Summer Championships 2024	Manchester	Carnforth	1
1:09.86	552	H	21/04/24	SENW Regional Summer Championships 2024	Manchester	Carnforth	1
1:09.55	560	F	14/04/24	City of Leeds National Qualifier 2024	Leeds	Carnforth	1
1:09.83	553	H	14/04/24	City of Leeds National Qualifier 2024	Leeds	Carnforth	1
1:10.44	539	F	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Carnforth	1
1:10.31	542	H	16/03/24	City of Manchester International Swim Meet 2024	Manchester	Carnforth	1
1:09.82	553	F	11/02/24	Lancashire County Championships 2024	Manchester	Carnforth	1
1:09.01	573	H	11/02/24	Lancashire County Championships 2024	Manchester	Carnforth	1

1:09.82	553	F	03/08/23	Swim Wales Summer Open 2023	Swansea		1
1:10.38	540	H	03/08/23	Swim Wales Summer Open 2023	Swansea		1
1:12.24	499	F	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Carnforth	1
1:12.31	498	H	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Carnforth	1
1:12.35	497	H	11/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	Carnforth	1
1:15.14	444	H	24/04/22	SE North West Summer Regional Swimming Champs	Liverpool	Carnforth	1
1:15.72	434	H	05/02/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Lancaster	1