

# Individual Best Times (All Time)

Elliot Routledge - (220643) - Workington SC - 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
28.84	544	F	30/04/16	ASA North West Region Summer Championships	Manchester	Cockermouth	1
29.00	535	H	30/04/16	ASA North West Region Summer Championships	Manchester	Cockermouth	1
29.50	508	H	26/01/14	Northern Area Zonal Meet 2014	Sheffield	Cockermouth	1
29.54	506	H	04/05/14	2014 ASANWR Youth Championships	Liverpool	Cockermouth	1
29.57	505	F	26/01/14	Northern Area Zonal Meet 2014	Sheffield	Cockermouth	1
29.73	497	H	08/12/13	2013 ASA NWR Regional Championships	Manchester	Cockermouth	1
29.74	496	F	04/05/14	2014 ASANWR Youth Championships	Liverpool	Cockermouth	1
30.11	478	F	08/12/13	2013 ASA NWR Regional Championships	Manchester	Cockermouth	1
30.46	462	H	27/01/13	ASA Northern Region Zonal Competition	Sheffield	Cockermouth	1
31.40	421	H	03/11/12	City of Sunderland 2012 Firecracker	Sunderland	Cockermouth	1
33.75	339	H	17/12/11	City of Leeds Christmas Cracker	Leeds	Cockermouth	1
37.56	246	H	21/11/09	Stockport Metro 15th Mt	Stockport	Cockermouth	1
37.76	242	H	17/04/10	Stockport Metro Open Meet	Stockport	Cockermouth	1

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