

# Individual Best Times (All Time)

Rebecca Sherwin - (352143) - Team Ipswich Swimming - 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
29.48	756	F	22/04/17	British Swimming Championships 2017	Sheffield	teamipswich	1
29.55	751	F	01/08/15	British Summer Championships	Sheffield		1
29.72	738	F	01/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
29.79	733	F	30/07/16	British Summer Championships	Sheffield	teamipswich	1
29.81	731	S	14/04/14	British Gas Championships 2014	Glasgow	teamipswich	1
29.87	727	H	14/04/14	British Gas Championships 2014	Glasgow	teamipswich	1
29.87	727	H	01/08/15	British Summer Championships	Sheffield		1
29.88	726	H	22/04/17	British Swimming Championships 2017	Sheffield	teamipswich	1
29.99	718	H	30/04/17	ASA East Long Course Championships	Luton	teamipswich	1
30.02	716	H	01/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
30.04	714	F	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
30.11	709	H	30/07/16	British Summer Championships	Sheffield	teamipswich	1
30.12	709	F	30/04/17	ASA East Long Course Championships	Luton	teamipswich	1
30.13	708	H	25/06/15	Baku 2015 European Games	Baku		1
30.16	706	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
30.22	702	H	25/06/15	Baku 2015 European Games	Baku		1
30.40	689	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	teamipswich	1
30.43	687	F	26/01/14	Central Zonal Meet 2014	Corby	teamipswich	1
30.44	687	H	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	teamipswich	1
30.55	679		03/03/17	FFN Golden Tour Open de la Mediterranee	Marseille		1
30.55	679	H	29/07/17	British Summer Championships	Sheffield	teamipswich	1
30.67	671	H	24/01/15	2015 Flanders Speedo Cup	Antwerp, Belgium		1
30.73	667	F	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1
30.75	666	H	23/01/16	Flanders Speedo Cup 2016	Antwerp, Belgium		1
30.82	661		03/03/17	FFN Golden Tour Open de la Mediterranee	Marseille		1
30.82	661	F	03/03/17	FFN Golden Tour Open de la Mediterranee	Marseille		1
30.88	658	H	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1

30.06	630	M	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	
30.91	656	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	teamipswich	1
31.07	646	H	16/05/15	Northampton Spring Festival	Corby		1
31.07	646	F	04/11/17	East Region Winter Championships	Norwich	teamipswich	1
31.17	639	H	26/01/14	Central Zonal Meet 2014	Corby	teamipswich	1
31.32	630	H	04/11/17	East Region Winter Championships	Norwich	teamipswich	1
31.72	607	H	07/03/13	British Gas International 2013	Leeds	teamipswich	1
32.24	578	H	27/01/13	ASA Central Region Zonal Competition	Corby	teamipswich	1
32.30	575	F	27/01/13	ASA Central Region Zonal Competition	Corby	teamipswich	1
33.29	525	F	10/12/11	National Arena League - London Cup Final	Basildon	teamipswich	1
34.53	470	H	17/04/11	The National Arena Swimming League B Final	Sheffield	teamipswich	1

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30.75	666	H	23/01/16	Flanders Speedo Cup 2016	Antwerp, Belgium		1
29.55	751	F	01/08/15	British Summer Championships	Sheffield		1
29.87	727	H	01/08/15	British Summer Championships	Sheffield		1
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