

Individual Best Times (All Time)

Nicola Pasquire - (533247) - Team Luton Swimming - 100 Freestyle - 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
1:00.78	615	H	30/01/16	Bedfordshire Age Group & County Champs	Luton	Team Luton	1
1:00.78	615	H	30/01/16	Bedfordshire Age Group & County Champs	Luton	Team Luton	1
1:01.02	608	F	07/12/13	ASA East Regionals Winter Championships	Norwich	Bedford SS	1
1:01.18	603	H	26/05/13	City of Sheffield No Frill Meet	Sheffield	Bedford SS	1
1:01.52	593	H	22/12/13	Northampton Winter Festival Open Meet	Corby	Bedford SS	1
1:01.66	589	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
1:01.90	582	H	18/11/12	Team Luton Inaugural Long Course Meet	Luton	Bedford SS	1
1:02.14	576	H	06/07/14	ASA East Region Inter County Championships	Basildon	Bedfordshire	1
1:02.14	576	H	07/03/15	Bedfordshire ASA County Championships	Luton		1
1:02.18	575	H	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Bedford SS	1
1:02.22	574	H	07/12/13	ASA East Regionals Winter Championships	Norwich	Bedford SS	1
1:02.48	566	H	27/01/13	ASA Central Region Zonal Competition	Corby	Bedford SS	1
1:02.65	562	F	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Bedford SS	1
1:02.70	560	H	05/05/13	ASA East Region Youth Championships	Luton	Bedford SS	1
1:02.79	558	H	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Bedford SS	1
1:02.94	554	H	19/05/12	Northampton SC May Open Meet	Corby	Bedford SS	1
1:03.11	550	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Bedford SS	1
1:03.26	546	H	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	Bedford SS	1
1:03.56	538	H	12/01/13	City of Derby 12th Long Course Open Meet	Sheffield	Bedford SS	1
1:03.58	537	H	18/05/13	Northampton Spring Meet 2013	Corby	Bedford SS	1
1:03.62	536	H	11/04/15	Team Luton April Long Course Meet	Luton		1
1:03.77	533	H	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	Bedford SS	1
1:03.77	533	F	18/05/13	Northampton Spring Meet 2013	Corby	Bedford SS	1
1:03.78	532	H	07/04/12	UEA City of Norwich Easter Meet	Norwich	Bedford SS	1
1:03.99	527	F	27/01/13	ASA Central Region Zonal Competition	Corby	Bedford SS	1
1:04.02	526	F	19/05/12	Northampton SC May Open Meet	Corby	Bedford SS	1
1:04.16	522	H	11/01/13	City of Derby 11th Long Course Open Meet	Sheffield	Bedford SS	1

1:04.16	523	H	14/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Bedford SS	
1:04.76	509	H	04/06/11	BG East Region Bagcat Championships	Norwich	Bedford SS	1
1:04.79	508	H	18/12/11	Northampton Winter Festival Open Meet	Corby	Bedford SS	1
1:05.32	496	F	04/06/11	BG East Region Bagcat Championships	Norwich	Bedford SS	1
1:05.39	494	H	15/10/11	Lincoln Vulcans Open Meet	Sheffield	Bedford SS	1
1:05.77	486	F	18/12/10	Plymouth Leander Open	Millfield	Bedford SS	1
1:06.12	478	H	08/01/11	City of Derby 10th Long Course Open Meet	Sheffield	Bedford SS	1
1:07.91	441	H	27/11/10	City of Coventry Open	Coventry	Bedford SS	1
1:08.42	431	H	16/10/10	Lincoln Vulcans Open Meet	Sheffield	Bedford SS	1
1:09.91	404	H	15/05/10	Rotherham Metro LC Meet	Sheffield	Bedford SS	1
1:13.38	349		06/12/09	Northampton Winter Meet	Corby	Bedford SS	1

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