

Individual Best Times (All Time)

Lily Ashwell - (539381) - Norwich Swan SC - 50 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
29.98	488	H	01/12/18	City of Sheffield Snow Frills Meet 2018	Sheffield	Norwich Swan	3
30.01	486	H	20/04/19	CoNSC EASTER MEET 2019	Norwich	Norwich Swan	1
30.10	482	H	02/02/19	Norfolk County Championships 2019	Norwich	Norwich Swan	1
30.12	481	H	26/05/19	Swim England East Region Long Course Champs 2019	UEA Sportspark	Norwich Swan	1
30.13	481	F	02/02/19	Norfolk County Championships 2019	Norwich	Norwich Swan	1
30.20	477	H	01/02/20	Norfolk County Championships 2019	Norwich	Norwich Swan	1
30.42	467	H	27/05/18	East Swimming Long Course Championships 2018	Luton	Norwich Swan	1
30.78	451	F	13/01/18	Norfolk County Championships 2018	Norwich	Norwich Swan	1
31.11	437	H	13/01/18	Norfolk County Championships 2018	Norwich	Norwich Swan	1
31.17	434	F	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	Norwich Swan	3
31.47	422	H	28/05/17	ASA East Region Long Course Championships	Norwich	Norwich Swan	1
31.63	415	H	15/04/17	UEA City of Norwich Easter LC Meet	Norwich	Norwich Swan	1

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31.63

415

H

15/04/17

UEA City of Norwich Easter LC Meet

Norwich

Norwich Swan

1