

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern 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
25.35	561	H	16/05/15	Northampton Spring Festival	Corby		1
25.41	557	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
25.84	529	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Stowmarket	1
25.85	529	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	teamipswich	1
25.88	527	F	07/12/13	ASA East Regionals Winter Championships	Norwich	Stowmarket	1
26.01	519	H	04/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
26.04	517	H	07/12/13	ASA East Regionals Winter Championships	Norwich	Stowmarket	1
26.48	492	H	05/05/13	ASA East Region Youth Championships	Luton	Stowmarket	1
26.89	470	H	26/01/13	ASA Central Region Zonal Competition	Corby	Stowmarket	1
27.03	462	H	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	Stowmarket	1
27.80	425	H	07/04/12	UEA City of Norwich Easter Meet	Norwich	Stowmarket	1
28.26	405	H	06/05/12	ASA East Region Youth Championships	Basildon	Stowmarket	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
25.35	561	H	16/05/15	Northampton Spring Festival	Corby		1
25.41	557	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
25.85	529	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	teamipswich	1
26.01	519	H	04/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
25.84	529	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Stowmarket	1
25.88	527	F	07/12/13	ASA East Regionals Winter Championships	Norwich	Stowmarket	1
26.04	517	H	07/12/13	ASA East Regionals Winter Championships	Norwich	Stowmarket	1
26.48	492	H	05/05/13	ASA East Region Youth Championships	Luton	Stowmarket	1
27.03	462	H	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	Stowmarket	1
26.89	470	H	26/01/13	ASA Central Region Zonal Competition	Corby	Stowmarket	1
28.26	405	H	06/05/12	ASA East Region Youth Championships	Basildon	Stowmarket	1

27.80

425

H

07/04/12

UEA City of Norwich Easter Meet

Norwich

Stowmarket

1