

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 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
57.24	548	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Stowmarket	1
58.31	519	H	04/05/13	ASA East Region Youth Championships	Luton	Stowmarket	1

Swims in Date Order

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