

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 100 Breaststroke - 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
1:03.42	721	H	25/07/17	British Summer Championships	Sheffield	Lboro Uni	1
1:03.52	718	F	14/04/18	Swim England East Midland Championships 2018	Sheffield	Lboro Uni	1
1:03.61	714	H	14/12/17	Swim England Winter Championships 2017	Sheffield	Lboro Uni	1
1:03.64	713	F	19/02/17	BUCS Long Course Swimming Championships	Sheffield	Loughborough	1
1:03.72	711	H	18/04/17	British Swimming Championships 2017	Sheffield	Lboro Uni	1
1:03.78	709	F	18/04/17	British Swimming Championships 2017	Sheffield	Lboro Uni	1
1:03.89	705	H	14/04/18	Swim England East Midland Championships 2018	Sheffield	Lboro Uni	1
1:04.06	700	H	24/07/18	British Summer Championships	Sheffield	Lboro Uni	1
1:04.31	691	H	19/02/17	BUCS Long Course Swimming Championships	Sheffield	Loughborough	1
1:04.34	690	F	14/12/17	Swim England Winter Championships 2017	Sheffield	Lboro Uni	1
1:04.36	690	F	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	Lboro Uni	1
1:04.43	688	H	26/05/18	DX 2nd Long Course Open Meet	Sheffield	Lboro Uni	1
1:04.47	686	H	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	Lboro Uni	1
1:04.67	680	H	15/01/17	16th City of Derby Long Course Open Meet	Sheffield	Lboro Uni	1
1:04.95	671	F	03/02/17	Dave McCullagh Memorial Meet	Bangor		1
1:05.11	666	H	03/02/17	Dave McCullagh Memorial Meet	Bangor		1
1:05.12	666	H	17/04/15	British Championships 2015	London		1
1:05.15	665	H	25/03/18	Team Luton March Long Course Meet 2018	Luton	Lboro Uni	1
1:05.22	663	F	31/07/15	British Summer Championships	Sheffield		1
1:05.25	662	H	07/07/19	Swim England East Region Inter County Competition	UEA Sportspark	Suffolk	1
1:05.30	660	H	22/04/18	National Arena Swimming League 48th Cup Final	Cardiff	teamipswich	1
1:05.39	658	F	01/08/16	ASA Summer Nationals 2016	Sheffield	Lboro Uni	1
1:05.43	656	H	31/07/15	British Summer Championships	Sheffield		1
1:05.71	648	H	01/08/16	ASA Summer Nationals 2016	Sheffield	Lboro Uni	1
1:05.74	647	F	17/04/15	British Championships 2015	London		1
1:05.78	646	H	02/07/16	Scottish National Open Championships	Glasgow	Lboro Uni	1
1:05.83	645	F	04/11/17	Midland Long Course Championships	Nottingham	Lboro Uni	1

1:05.83	643	F	04/11/17	Midland Long Course Championships	Nottingham	Lboro Uni	
1:05.86	644	F	02/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
1:05.92	642	H	17/05/15	Northampton Spring Festival	Corby		1
1:05.96	641	H	02/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
1:05.97	640	F	06/02/16	Derventio Excel February Festival 2016	Sheffield	Lboro Uni	1
1:06.06	638	C	02/07/16	Scottish National Open Championships	Glasgow	Lboro Uni	1
1:06.15	635	H	27/02/22	Sussex County ASA County Championships	Crawley		1
1:06.22	633	H	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	Lboro Uni	1
1:06.22	633	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Lboro Uni	1
1:06.43	627	H	04/11/17	Midland Long Course Championships	Nottingham	Lboro Uni	1
1:06.54	624	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	teamipswich	1
1:06.54	624	F	17/05/15	Northampton Spring Festival	Corby		1
1:06.61	622	H	31/01/16	Burns Open Meet 2016	Sheffield	Lboro Uni	1
1:06.63	622	H	06/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
1:06.63	622	S	06/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
1:06.68	620	H	23/04/16	National Arena Swimming League 16th B Final	Cardiff	teamipswich	1
1:06.74	619	H	05/02/16	Derventio Excel February Festival 2016	Sheffield	Lboro Uni	1
1:06.83	616	F	27/02/22	Sussex County ASA County Championships	Crawley		1
1:06.95	613	H	08/03/20	Arena National League 51st Cup Final	Cardiff	teamipswich	1
1:07.00	611	F	07/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
1:07.04	610	H	21/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Lboro Uni	1
1:07.26	604	F	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Lboro Uni	1
1:08.91	562	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Stowmarket	1
1:09.18	555	F	03/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
1:09.48	548	H	03/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
1:10.29	529	H	07/12/13	ASA East Regionals Winter Championships	Norwich	Stowmarket	1
1:10.65	521	H	07/07/13	ASA East Region Intercounty Championships	Luton	Stowmarket	1
1:10.73	520	F	07/12/13	ASA East Regionals Winter Championships	Norwich	Stowmarket	1
1:11.10	512	H	04/05/13	ASA East Region Youth Championships	Luton	Stowmarket	1
1:11.27	508	F	04/05/13	ASA East Region Youth Championships	Luton	Stowmarket	1
1:11.35	506	F	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	Stowmarket	1
1:12.76	477	H	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	Stowmarket	1
1:12.87	475	F	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	Stowmarket	1
1:16.15	416	H	07/04/12	UEA City of Norwich Easter Meet	Norwich	Stowmarket	1
1:17.99	387	F	07/04/12	UEA City of Norwich Easter Meet	Norwich	Stowmarket	1
1:21.16	344	H	09/04/11	City of Norwich Easter Meet	Norwich	Stowmarket	1
1:21.42	340	F	09/04/11	City of Norwich Easter Meet	Norwich	Stowmarket	1

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1:04.06	700	H	24/07/18	British Summer Championships	Sheffield	Lboro Uni	1
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1:03.52	718	F	14/04/18	Swim England East Midland Championships 2018	Sheffield	Lboro Uni	1
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1:03.61	714	H	14/12/17	Swim England Winter Championships 2017	Sheffield	Lboro Uni	1
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