

# Individual Best Times (All Time)

Cara Hetherington - (742636) - Team Ipswich Swimming - 50 Backstroke - 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
31.29	632	F	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
31.34	629	H	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
31.41	625	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
31.41	625	H	01/08/15	British Summer Championships	Sheffield		1
31.57	615	H	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	teamipswich	1
31.84	600	H	12/04/15	Team Luton April Long Course Meet	Luton		1
31.89	597	H	07/03/13	British Gas International 2013	Leeds	teamipswich	1
31.89	597	F	04/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
31.95	594	H	04/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
31.96	593	F	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	teamipswich	1
32.08	586	H	27/01/13	ASA Central Region Zonal Competition	Corby	teamipswich	1
32.27	576	F	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	teamipswich	1
32.37	571	F	27/01/13	ASA Central Region Zonal Competition	Corby	teamipswich	1
32.38	570	H	26/01/14	Central Zonal Meet 2014	Corby	teamipswich	1
32.52	563	H	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1
32.77	550	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	teamipswich	1
32.78	550	F	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1
34.20	484	F	11/12/10	National Arena Swimming League London Fina	Crystal Palace	teamipswich	1

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