

Individual Best Times (All Time)

Mark Laing - (767910) - Halesowen 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
55.97	586	F	27/02/16	Aquae Sulis Spring Grand Prix	Bristol	Halesowen	1
56.09	583	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Halesowen	1
56.26	577	H	01/05/16	West Midlands ASA Championships	Coventry	Halesowen	1
56.32	575	H	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
56.36	574	F	28/05/17	2017 London Swimming May Open Meet	London	Halesowen	1
56.72	563	F	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	Halesowen	1
56.73	563	H	06/05/17	West Midlands Championships	Coventry	Halesowen	1
56.89	558	F	08/06/14	Midland Age Group Championships 2014	Coventry	Halesowen	1
56.89	558	F	08/06/14	Midland Age Group Championships 2014	Coventry	Halesowen	1
57.02	555	F	11/03/18	UBSC National Qualifier Level 1 Open Meet	Hengrove	Halesowen	1
57.05	554	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Halesowen	1
57.14	551	H	18/05/14	Rotherham Metro SC Level One Long Course Meet	Sheffield	Halesowen	1
57.16	550	H	03/12/17	Swim Wales Long Course Championships	Swansea	Halesowen	1
57.24	548	H	08/02/14	Derventio Excel February Festival	Sheffield	Halesowen	1
57.25	548	H	15/05/16	Northampton 2016 Long Course Spring Festival	Corby	Halesowen	1
57.37	544	H	08/06/14	Midland Age Group Championships 2014	Coventry	Halesowen	1
57.37	544	H	08/06/14	Midland Age Group Championships 2014	Coventry	Halesowen	1
57.59	538	H	03/05/15	Midland Swimming Spring Championships 2015	Corby		1
57.65	537	H	28/06/14	ESSA SW Division National Inter Divisional	Bristol	Halesowen	1
57.77	533	F	06/05/17	West Midlands Championships	Coventry	Halesowen	1
57.88	530	H	25/01/14	Central Zonal Meet 2014	Corby	Halesowen	1
57.93	529	H	28/04/18	Swim England West Midlands Championships	Coventry	Halesowen	1
57.94	529	H	24/01/15	Burns Open Meet 2015	Sheffield		1
58.00	527	H	21/12/13	Northampton Winter Festival Open Meet	Corby	Halesowen	1
58.54	512	H	25/07/13	BG ASA National Age Groups 2013	Sheffield	Halesowen	1
58.71	508	H	17/05/15	Northampton Spring Festival	Corby		1
59.05	499	H	08/02/14	Derventio Excel February Festival	Sheffield	Halesowen	1

59.55	492	H	09/02/13	Derventio February Festival	Sheffield	Halesowen	1
59.54	487	H	02/06/13	Midland Age Group Championships 2013	Coventry	Halesowen	1
59.65	484	F	25/03/17	Aquae Sulis Grand Prix	Bristol	Halesowen	1
1:00.45	465	H	15/12/12	Northampton SC Winter Festival Open Meet	Corby	Halesowen	1
1:03.50	401	H	20/05/12	Rotherham Metro SC Long Course Open Meet	Sheffield	Halesowen	1
1:04.05	391	H	10/06/12	Midland Age Group Championships	Coventry	Halesowen	1

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56.36	574	F	28/05/17	2017 London Swimming May Open Meet	London	Halesowen	1
57.77	533	F	06/05/17	West Midlands Championships	Coventry	Halesowen	1
56.73	563	H	06/05/17	West Midlands Championships	Coventry	Halesowen	1
59.65	484	F	25/03/17	Aquae Sulis Grand Prix	Bristol	Halesowen	1
57.25	548	H	15/05/16	Northampton 2016 Long Course Spring Festival	Corby	Halesowen	1
57.05	554	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Halesowen	1
56.26	577	H	01/05/16	West Midlands ASA Championships	Coventry	Halesowen	1
56.09	583	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Halesowen	1
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