

# Individual Best Times (All Time)

Laurence Metcalfe - (842110) - Keynsham SC - 200 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
2:20.53	505	H	03/05/15	ASA South West Summer Championships	Plymouth		1
2:21.07	499	F	01/05/16	ASA SWR Summer Championships	Plymouth	Co Bristol	1
2:22.64	483	F	10/04/16	City of Bristol International Open Meet	Bristol	Co Bristol	1
2:22.87	480	F	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	Co Bristol	1
2:22.97	479	H	01/05/16	ASA SWR Summer Championships	Plymouth	Co Bristol	1
2:23.06	478	F	03/05/15	ASA South West Summer Championships	Plymouth		1
2:23.70	472	H	15/06/14	ASA South West Region AG Championships	Bristol		1
2:23.78	471	F	06/08/14	Swim Wales Summer Nationals 2014	Swansea	Keynsham	1
2:23.87	470	F	23/07/15	Swim Wales Summer Open Meet	Swansea	Co Bristol	1
2:24.02	469	F	24/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	Keynsham	1
2:24.87	461	H	23/07/15	Swim Wales Summer Open Meet	Swansea		1
2:25.83	452	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Bristol	1
2:27.61	435	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Co Bristol	1
2:27.93	433	H	06/08/14	Swim Wales Summer Nationals 2014	Swansea	Keynsham	1
2:28.50	428	F	06/04/14	City of Bristol Level 1 Open Meet	Hengrove	Keynsham	1
2:30.47	411	H	22/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Keynsham	1
2:33.50	387	H	09/06/13	ASA South West Region Age Groups 2013	Millfield	Keynsham	1
2:50.71	281	F	14/04/13	Taunton Deane Easter Long Course Meet	Millfield	Keynsham	1
2:51.19	279	F	18/11/12	The Aquae Sulis Grand Prix 2012	Bristol	Keynsham	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:21.07	499	F	01/05/16	ASA SWR Summer Championships	Plymouth	Co Bristol	1
2:22.97	479	H	01/05/16	ASA SWR Summer Championships	Plymouth	Co Bristol	1
2:22.64	483	F	10/04/16	City of Bristol International Open Meet	Bristol	Co Bristol	1
2:22.87	480	F	28/02/16	Aquae Sulis Spring Grand Prix	Bristol	Co Bristol	1

2:25.83	452	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Bristol	1
2:23.87	470	F	23/07/15	Swim Wales Summer Open Meet	Swansea	Co Bristol	1
2:24.87	461	H	23/07/15	Swim Wales Summer Open Meet	Swansea		1
2:24.02	469	F	24/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	Keynsham	1
2:23.06	478	F	03/05/15	ASA South West Summer Championships	Plymouth		1
2:20.53	505	H	03/05/15	ASA South West Summer Championships	Plymouth		1
2:27.61	435	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Co Bristol	1
2:23.78	471	F	06/08/14	Swim Wales Summer Nationals 2014	Swansea	Keynsham	1
2:27.93	433	H	06/08/14	Swim Wales Summer Nationals 2014	Swansea	Keynsham	1
2:23.70	472	H	15/06/14	ASA South West Region AG Championships	Bristol		1
2:28.50	428	F	06/04/14	City of Bristol Level 1 Open Meet	Hengrove	Keynsham	1
2:30.47	411	H	22/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Keynsham	1
2:33.50	387	H	09/06/13	ASA South West Region Age Groups 2013	Millfield	Keynsham	1
2:50.71	281	F	14/04/13	Taunton Deane Easter Long Course Meet	Millfield	Keynsham	1
2:51.19	279	F	18/11/12	The Aquae Sulis Grand Prix 2012	Bristol	Keynsham	1