

Individual Best Times (All Time)

Laurence Metcalfe - (842110) - Keynsham 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
59.05	499	F	09/04/16	City of Bristol International Open Meet	Bristol	Co Bristol	1
59.90	478	F	12/07/15	City of Bristol Summer Level 3 Long Course Meet	Bristol	Co Bristol	3
59.95	477	H	12/07/15	City of Bristol Summer Level 3 Long Course Meet	Bristol	Co Bristol	3
1:00.04	475	F	27/02/16	Aquae Sulis Spring Grand Prix	Bristol	Co Bristol	1
1:00.20	471	H	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Bristol	1
1:00.45	465	H	02/05/15	ASA South West Summer Championships	Plymouth		1
1:01.57	440	F	11/04/15	City of Bristol Level 1 April Meet	Bristol	Co Bristol	1
1:01.61	440	F	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	Co Bristol	1
1:01.75	437	H	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield		1
1:02.42	423	F	15/11/14	Aquae Sulis Grand Prix	Bristol	Co Bristol	1
1:02.61	419	F	17/05/14	COBEXE May Meet 2014	Hengrove	Co Bristol	1
1:03.25	406	H	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Keynsham	1
1:04.77	378	H	01/08/13	Swim Wales Summer Nationals	Swansea	Keynsham	1
1:05.31	369	F	12/05/13	Millfield Last Chance Meet	Millfield	Keynsham	1
1:05.85	360	F	05/04/14	City of Bristol Level 1 Open Meet	Hengrove	Keynsham	1

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