

Individual Best Times (All Time)

Joel Sinclair - (860576) - Carlisle Aquatics - 200 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
2:37.54	505	H	11/03/17	ESSA 67th National Inter-Divisiona Championships	Liverpool		1
2:37.60	504	F	28/05/16	ASA North West Region Summer Championships	Manchester	Carlisle Aq	1
2:39.83	483	H	28/05/16	ASA North West Region Summer Championships	Manchester	Carlisle Aq	1
2:40.99	473	F	30/03/16	Scottish National Age Group Championships	Glasgow	Carlisle Aq	1
2:41.28	470	H	29/07/16	British Summer Championships	Sheffield	Carlisle Aq	1
2:44.73	441	F	07/06/15	2015 North West Regional Championships	Manchester		1
2:45.09	439	H	30/03/16	Scottish National Age Group Championships	Glasgow	Carlisle Aq	1
2:45.32	437	H	07/06/15	2015 North West Regional Championships	Manchester		1
2:48.02	416	F	26/07/15	Scottish Summer Meet 2015	Edinburgh	Carlisle Aq	1
2:55.54	365	H	13/07/14	City of Sunderland ASC Summer Splash 2014	Sunderland		3
2:59.29	342	H	17/01/15	City of Sunderland New Year Meet	Sunderland		1
2:59.34	342	H	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen		1
3:15.41	264	H	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	Carlisle Aq	1
3:33.64	202	H	14/07/13	City of Sunderland Summer Splash	Sunderland	Carlisle Aq	3
3:44.29	175	H	06/01/13	City of Sunderland New Year Meet	Sunderland	Carlisle Aq	3

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