

# Individual Best Times (All Time)

Lara Sinclair-Banks - (976894) - Market Harborough SC - 50 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
28.73	554	H	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	Market Har	1
28.78	552	F	25/02/17	NASA 2017 County Championships	Corby	Corby	1
28.78	552	H	06/05/19	SE East Midlands Region Champs 2019 Gala 2	Sheffield	Market Har	1
28.88	546	F	10/02/18	NASA 2018 County Championships	Corby	Northampton	1
28.99	540	F	03/04/15	Scottish National Age Group Championships	Aberdeen	Leic Peng	1
29.04	537	H	08/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	Northampton	3
29.07	535	H	07/05/18	Swim England East Midland Championships 2018	Sheffield	Northampton	1
29.08	535	H	15/05/16	Northampton 2016 Long Course Spring Festival	Corby	Corby	1
29.11	533	H	03/04/15	Scottish National Age Group Championships	Aberdeen	Leic Peng	1
29.18	529	H	01/04/18	Beckenham SC 125th Anniversary International Open	London	Northampton	1
29.20	528	H	23/03/19	Corby Annual Long Course Open Meet	Corby	Market Har	3
29.22	527	H	25/02/17	NASA 2017 County Championships	Corby	Corby	1
29.22	527	F	07/05/18	Swim England East Midland Championships 2018	Sheffield	Northampton	1
29.26	525	F	22/10/16	Corby 2nd Annual LC Open Meet	Corby	Corby	3
29.27	524	H	29/05/17	ASA EM Region Youth Champs 2017	Sheffield	Corby	1
29.33	521	H	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield		1
29.39	518	H	10/02/18	NASA 2018 County Championships	Corby	Northampton	1
29.49	513	H	02/05/16	ASA East Midland Region Swimming Champs	Sheffield	Corby	1
29.53	511	H	09/07/17	Northampton 2017 Long Course Summer Festival	Corby	Northampton	3
29.57	509	H	17/05/15	Northampton Spring Festival	Corby		1
29.71	501	H	22/10/16	Corby 2nd Annual LC Open Meet	Corby	Corby	3
29.83	495	H	11/04/15	Derventio Excel 9th Open Meet	Sheffield		1
29.87	493	H	07/02/15	Derventio Excel February Festival	Sheffield		1
29.93	490	H	31/05/15	Midlands Championships 2015	Coventry		1
32.14	396	H	02/03/14	Leicestershire County Age Groups & Champs	Corby	Leic Peng	1
34.04	333	H	19/05/13	Northampton Spring Meet 2013	Corby	Leic Peng	1
36.26	272	H	12/01/12	City of Coventry SC January Open Meet	Coventry	Leic Peng	2

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