

Individual Best Times (All Time)

Lara Sinclair-Banks - (976894) - Market Harborough SC - 50 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
32.81	548	H	07/05/18	Swim England East Midland Championships 2018	Sheffield	Northampton	1
32.93	542	H	06/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	Northampton	3
33.03	537	H	25/02/23	BUCS Long Course Swimming Championships 2023	Sheffield	Market Har	1
33.13	532	F	26/02/17	NASA 2017 County Championships	Corby	Corby	1
33.27	526	H	26/02/17	NASA 2017 County Championships	Corby	Corby	1
33.37	521	F	07/05/18	Swim England East Midland Championships 2018	Sheffield	Northampton	1
33.38	521	H	06/05/19	SE East Midlands Region Champs 2019 Gala 2	Sheffield	Market Har	1
33.69	506	F	01/04/15	Scottish National Age Group Championships	Aberdeen	Leic Peng	1
33.83	500	H	01/04/15	Scottish National Age Group Championships	Aberdeen	Leic Peng	1
33.83	500	H	27/01/18	NASA 2018 County Championships	Corby	Northampton	1
33.96	494	F	27/01/18	NASA 2018 County Championships	Corby	Northampton	1
34.09	489	H	29/05/17	ASA EM Region Youth Champs 2017	Sheffield	Corby	1
34.77	461	H	11/04/15	Derventio Excel 9th Open Meet	Sheffield		1
34.96	453	H	08/02/15	Derventio Excel February Festival	Sheffield		1
35.04	450	H	06/06/15	Midlands Championships 2015	Coventry		1
35.28	441	H	22/10/16	Corby 2nd Annual LC Open Meet	Corby	Corby	3
35.29	440	H	16/05/15	Northampton Spring Festival	Corby		1
35.40	436	H	02/05/16	ASA East Midland Region Swimming Champs	Sheffield	Corby	1
37.85	357	H	02/03/14	Leicestershire County Age Groups & Champs	Corby	Leic Peng	1
41.33	274	H	18/05/13	Northampton Spring Meet 2013	Corby	Leic Peng	1

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