Individual Best Times (All Time)

Lara Sinclair-Banks - (976894) - Market Harborough SC - 100 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
1:12.61	492	Н	09/07/17	Northampton 2017 Long Course Summer Festival	Corby	Northampton	3
1:12.91	486	Н	11/02/17	NASA 2017 County Championships	Corby	Corby	1
1:12.92	485	Н	08/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	Northampton	3
1:13.19	480	F	23/03/19	Corby Annual Long Course Open Meet	Corby	Market Har	3
1:14.18	461	Н	22/10/16	Corby 2nd Annual LC Open Meet	Corby	Corby	3
1:14.72	451	Н	23/03/19	Corby Annual Long Course Open Meet	Corby	Market Har	3
1:15.13	444	F	11/02/17	NASA 2017 County Championships	Corby	Corby	1
1:15.25	442	Н	07/02/15	Derventio Excel February Festival	Sheffield		1
1:16.45	421	Н	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Corby	1
1:17.19	409	Н	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
1:17.22	409	Н	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield		1
1:17.40	406	Н	17/05/15	Northampton Spring Festival	Corby		1
1:18.05	396	Н	07/06/14	Midland Age Group Championships 2014	Coventry	Leic Peng	1
1:18.05	396	Н	14/06/14	Midland Age Group Championships 2014	Coventry	Leic Peng	1
1:18.14	394	Н	11/04/15	Derventio Excel 9th Open Meet	Sheffield		1
1:21.95	342	Н	01/03/14	Leicestershire County Age Groups & Champs	Corby	Leic Peng	1
1:29.43	263	Н	19/05/13	Northampton Spring Meet 2013	Corby	Leic Peng	1

Swims in Date Order

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1:15.13	444	F	11/02/17	NASA 2017 County Championships	Corby	Corby	1
1:12.91 Copyright 2024	486 4	Н	11/02/17	NASA 2017 County Championships	Corby	Corby Powered By SPORT	1 SYSTEMS

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461	Н	22/10/16	Corby 2nd Annual LC Open Meet	Corby	Corby	3
421	Н	30/04/16	ASA East Midland Region Swimming Champs	Sheffield	Corby	1
409	Н	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
406	Н	17/05/15	Northampton Spring Festival	Corby		1
394	Н	11/04/15	Derventio Excel 9th Open Meet	Sheffield		1
442	Н	07/02/15	Derventio Excel February Festival	Sheffield		1
409	Н	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield		1
396	Н	14/06/14	Midland Age Group Championships 2014	Coventry	Leic Peng	1
396	Н	07/06/14	Midland Age Group Championships 2014	Coventry	Leic Peng	1
342	Н	01/03/14	Leicestershire County Age Groups & Champs	Corby	Leic Peng	1
263	Н	19/05/13	Northampton Spring Meet 2013	Corby	Leic Peng	1
	421 409 406 394 442 409 396 396 342	421 H 409 H 406 H 394 H 442 H 409 H 396 H 396 H 342 H	421 H 30/04/16 409 H 28/06/15 406 H 17/05/15 394 H 11/04/15 442 H 07/02/15 409 H 21/12/14 396 H 14/06/14 396 H 07/06/14 342 H 01/03/14	H 28/06/15 ESSA Inter-Divisional Championships H 28/06/15 ESSA Inter-Divisional Championships H 17/05/15 Northampton Spring Festival H 11/04/15 Derventio Excel 9th Open Meet H 07/02/15 Derventio Excel February Festival H 21/12/14 Derventio Excel 2nd Christmas Cracker H 14/06/14 Midland Age Group Championships 2014 H 07/06/14 Midland Age Group Championships 2014 H 01/03/14 Leicestershire County Age Groups & Champs	H 30/04/16 ASA East Midland Region Swimming Champs Sheffield 409 H 28/06/15 ESSA Inter-Divisional Championships Sunderland 406 H 17/05/15 Northampton Spring Festival Corby 394 H 11/04/15 Derventio Excel 9th Open Meet Sheffield 442 H 07/02/15 Derventio Excel February Festival Sheffield 409 H 21/12/14 Derventio Excel 2nd Christmas Cracker Sheffield 396 H 14/06/14 Midland Age Group Championships 2014 Coventry 396 H 07/06/14 Midland Age Group Championships 2014 Coventry 342 H 01/03/14 Leicestershire County Age Groups & Champs	H 30/04/16 ASA East Midland Region Swimming Champs Sheffield Corby 409 H 28/06/15 ESSA Inter-Divisional Championships Sunderland 406 H 17/05/15 Northampton Spring Festival Corby 394 H 11/04/15 Derventio Excel 9th Open Meet Sheffield 442 H 07/02/15 Derventio Excel February Festival Sheffield 409 H 21/12/14 Derventio Excel 2nd Christmas Cracker Sheffield 396 H 14/06/14 Midland Age Group Championships 2014 Coventry Leic Peng 396 H 07/06/14 Midland Age Group Championships 2014 Coventry Leic Peng 342 H 01/03/14 Leicestershire County Age Groups & Champs

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