

Individual Best Times (All Time)

Lara Sinclair-Banks - (976894) - Market Harborough SC - 200 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
2:38.38	469	H	11/02/18	NASA 2018 County Championships	Corby	Northampton	1
2:38.98	464	H	08/02/15	Derventio Excel February Festival	Sheffield		1
2:41.13	446	H	12/02/17	NASA 2017 County Championships	Corby	Corby	1
2:42.47	435	H	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield		1
2:44.69	418	H	16/05/15	Northampton Spring Festival	Corby		1
2:44.71	417	H	14/06/14	Midland Age Group Championships 2014	Coventry	Leic Peng	1
2:51.85	367	H	17/05/14	Northampton SC Spring Festival Open Meet	Corby	Leic Peng	1
3:08.03	280	H	21/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Leic Peng	1
3:13.35	258		23/02/13	Leicestershire County Age Groups Champs	Loughborough	Leic Peng	1

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