

Individual Best Times (All Time)

Jessica Spooner - (1145267) - Deepings SC - 200 Backstroke - Short 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
2:27.42	525	H	16/12/17	Northampton Winter Festival	Rugby	Deepings	3
2:27.43	525	H	04/02/17	Lincolnshire County Championships 2017	Louth	Deepings	2
2:30.63	492	H	19/11/17	Boston ASC 13th Open Meet	Grantham	Deepings	3
2:30.89	489	H	22/10/16	Lincoln Vulcans L2 Short Course Open Meet	Sheffield	Deepings	2
2:31.24	486	H	30/09/17	Rob Welbourn Open Meet 2017	Deeping	Deepings	3
2:32.79	471	H	18/06/17	Deeping Club Championships	Deeping	Deepings	4
2:34.20	458	H	20/11/16	Boston Club 12th Open Meet	Grantham	Deepings	3
2:34.61	455	H	06/02/16	Lincolnshire County Championships 2016	Louth	Deepings	2
2:36.23	441	H	03/06/18	Deepings Club Championships 2018	Deepings LC	Deepings	4
2:36.28	440	H	09/04/16	The 2016 Leicester Age Group Meet	Braunstone	Deepings	3
2:37.82	428	H	07/10/18	Deepings Rob Welbourn Open Meet 2018	Deepings LC	Deepings	3
2:37.84	427	H	16/07/16	Deepings Club Championships 2016	Deeping	Deepings	4
2:38.19	425	H	01/10/16	Rob Welbourn Open Meet 2016	Deeping	Deepings	3
2:38.66	421	H	25/11/18	Boston ASC 14th Open Meet	Grantham	Deepings	3
2:39.60	413	H	26/03/16	Thirty Third City of Derby Licensed SC Open Meet	Derby	Deepings	3
2:44.41	378	H	15/07/18	Chesterfield Summer Splash	Matlock	Deepings	3
2:48.81	349	H	21/11/15	Boston ASC Club 11th Open Meet	Grantham	Deepings	3
2:49.00	348	H	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham	Deepings	3
2:50.25	340	H	18/07/15	Deepings Club Championships	Peterborough	Deepings	4
2:50.28	340	H	03/10/15	Rob Welbourn Open Meet 2015	Peterborough	Deepings	3
2:52.77	326	H	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield	Deepings	2

Swims in Date Order

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2:38.66	421	H	25/11/18	Boston ASC 14th Open Meet	Grantham	Deepings	3
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2:44.41	378	H	15/07/18	Chesterfield Summer Splash	Matlock	Deepings	3
2:36.23	441	H	03/06/18	Deepings Club Championships 2018	Deepings LC	Deepings	4
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2:31.24	486	H	30/09/17	Rob Welbourn Open Meet 2017	Deeping	Deepings	3
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2:27.43	525	H	04/02/17	Lincolnshire County Championships 2017	Louth	Deepings	2
2:34.20	458	H	20/11/16	Boston Club 12th Open Meet	Grantham	Deepings	3
2:30.89	489	H	22/10/16	Lincoln Vulcans L2 Short Course Open Meet	Sheffield	Deepings	2
2:38.19	425	H	01/10/16	Rob Welbourn Open Meet 2016	Deeping	Deepings	3
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2:36.28	440	H	09/04/16	The 2016 Leicester Age Group Meet	Braunstone	Deepings	3
2:39.60	413	H	26/03/16	Thirty Third City of Derby Licensed SC Open Meet	Derby	Deepings	3
2:34.61	455	H	06/02/16	Lincolnshire County Championships 2016	Louth	Deepings	2
2:48.81	349	H	21/11/15	Boston ASC Club 11th Open Meet	Grantham		3
2:52.77	326	H	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield		2
2:50.28	340	H	03/10/15	Rob Welbourn Open Meet 2015	Peterborough		3
2:50.25	340	H	18/07/15	Deepings Club Championships	Peterborough		4
2:49.00	348	H	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham		3