

Individual Best Times (All Time)

Lois Mason - (1340993) - Rochford & District SC - 100 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
1:18.73	338	H	02/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	Rochford	3
1:21.13	309	H	25/02/23	Essex Age Group County Championships 2023	Basildon	Rochford	2
1:21.33	307	H	03/12/22	Colchester Last Chance County Qualifier	Braintree	Rochford	3
1:21.60	304	H	02/04/23	Basildon & Phoenix SC Easter Meet 2023	Basildon	Rochford	3
1:21.90	301	H	16/04/23	Halstead SC Annual Open Meet 2023	Braintree	Rochford	3
1:29.53	230	H	25/09/21	Rochford & District SC Club Championships 2021	Clements Hall	Rochford	4

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