

Individual Best Times (All Time)

Emelia Cox - (1482752) - Carlisle Aquatics - 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
1:19.24	332	H	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	Carlisle Aq	3
1:19.45	329	H	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	Carlisle Aq	2
1:20.01	322	H	10/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
1:20.02	322	H	02/12/23	Cumbria Winter Meet L3 2023	Copeland	Carlisle Aq	3
1:20.10	321	H	23/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
1:20.15	321	H	21/10/23	Barrow ASC Halloween Meet 2023	Barrow in Furness	Carlisle Aq	3
1:20.29	319	H	24/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	Carlisle Aq	3
1:20.36	318	H	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	Carlisle Aq	3
1:57.27	102	H	02/08/21	Carlisle Aquatics	The Pools	Carlisle Aq	0

Swims in Date Order

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1:20.36	318	H	08/06/24	Copeland ASC 27th Graded Gala 2024	Whitehaven	Carlisle Aq	3
1:19.24	332	H	23/03/24	Carnforth LAST-GASP for Regionals 2024	Lancaster	Carlisle Aq	3
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