

Individual Best Times (All Time)

Beth Carrant - (278397) - Team Luton Swimming - 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
1:08.39	517	H	19/03/11	Bedfordshire County Championships	Biggleswade	Team Luton	2
1:08.80	507	H	10/03/12	Bedfordshire County Championships	Biggleswade	Team Luton	2
1:08.87	506	H	17/04/11	Team Luton Open Meet	London	Team Luton	2
1:09.10	501	H	16/10/11	BG ASA National County Team Division 2	Sheffield	Team Luton	2
1:09.26	497	F	27/11/11	Hitchin SC Open Meet 2011	Hitchin	Team Luton	3
1:09.62	490	H	04/12/11	BG East Region Winter Championships	Norwich	Team Luton	2
1:10.03	481	H	16/03/13	Bedfordshire County Championships	Luton	Team Luton	2
1:10.62	469	H	21/10/12	BG ASA National County Team Division 2	Sheffield	Team Luton	2
1:10.81	465	F	21/01/12	Biggleswade Open Meet	Biggleswade	Team Luton	3
1:10.87	464	H	22/03/14	Bedfordshire Age Group & County Champs	Luton	Team Luton	2
1:10.99	462	H	03/07/11	East Region Inter Counties Gala	Peterborough	Team Luton	3
1:11.04	461	H	03/09/11	Team Luton Club Championships	Hitchin	Team Luton	4
1:11.69	448		28/11/10	Hitchin Open Meet	Hitchin	Team Luton	3
1:11.70	448	H	08/09/12	Team Luton Club Championships	Luton	Team Luton	4
1:11.91	444	H	17/10/10	ASA National Team Div 2	Sheffield	Team Luton	2
1:11.93	444	H	20/10/13	BG ASA National County Team Division 2	Sheffield	Team Luton	2
1:11.94	444	F	12/11/16	NASL London	Luton	Team Luton	3
1:12.09	441	F	08/10/16	NASL London	Luton	Team Luton	3
1:12.65	431	F	23/01/11	Maxwell January Meet	Aylesbury	Team Luton	2
1:12.69	430	H	20/03/10	Bedfordshire Champs	Biggleswade	Team Luton	2
1:12.75	429	F	09/05/10	Kingerlee Trophy Gala Meet	Stantonbury	Team Luton	2
1:12.88	427		24/04/10	City of Milton Keynes	Milton Keynes	Team Luton	2
1:12.88	427	F	10/12/16	NASL London	Lewisham	Team Luton	3
1:14.39	401		29/11/09	Hitchin SC Open Meet	Hitchin	Team Luton	3
1:14.64	397	H	10/04/10	Luton Short Course Meet	Barnet	Team Luton	2
1:21.32	307	H	28/03/09	Bedfordshire Champs	Biggleswade	Team Luton	2
1:22.53	284	H	18/04/09	Luton Short Course Open	Barnet	Team Luton	2

1:22.52	294	H	18/04/09	Luton Short Course Open	Barnet	Team Luton
1:23.06	288		09/11/08	Barnet Copthall 100 Meet	Barnet	Team Luton

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