

# Individual Best Times (All Time)

Alice Gowing - (362961) - South Lincs Competitive 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 |
|---------|--------|-------|----------|---|--------------|-----------------|-------|
| 1:10.17 | 478    | F     | 02/05/15 | 31st Tulip Open Meet                          | Spalding     | South Lincs     | 3     |
| 1:11.41 | 454    | H     | 02/05/15 | 31st Tulip Open Meet                          | Spalding     | South Lincs     | 3     |
| 1:12.11 | 441    | F     | 20/10/14 | South Lincs CSC Club Championships 2014       | Spalding     | South Lincs     | 4     |
| 1:12.16 | 440    | H     | 04/05/14 | South Lincs CSC Tulip Open Meet               | Spalding     | South Lincs     | 3     |
| 1:12.20 | 439    | F     | 30/04/16 | South Lincs Tulip Meet 2016                   | Spalding     | South Lincs     | 3     |
| 1:12.39 | 435    | H     | 30/04/16 | South Lincs Tulip Meet 2016                   | Spalding     | South Lincs     | 3     |
| 1:12.46 | 434    | H     | 07/02/16 | Lincolnshire County Championships 2016        | Louth        | South Lincs     | 2     |
| 1:12.53 | 433    | H     | 12/04/15 | The 2015 Leicester Age Group Meet             | Leicester    | South Lincs     | 3     |
| 1:12.65 | 431    | F     | 04/05/14 | South Lincs CSC Tulip Open Meet               | Spalding     | South Lincs     | 3     |
| 1:12.81 | 428    | F     | 07/02/16 | Lincolnshire County Championships 2016        | Louth        | South Lincs     | 2     |
| 1:13.34 | 419    | F     | 10/05/14 | City of Peterborough Last Chance L2 Open Meet | Peterborough | South Lincs     | 2     |
| 1:13.55 | 415    | H     | 22/03/14 | 63rd Annual Lincolnshire County Champs        | Louth        | South Lincs     | 2     |
| 1:13.79 | 411    | F     | 12/03/16 | Mid Beds Swim Squad Level 2 Open Meet         | Biggleswade  | South Lincs     | 2     |
| 1:13.98 | 408    | F     | 17/10/15 | South Lincs Club Championships 2015           | Spalding     | South Lincs     | 3     |
| 1:14.37 | 402    | H     | 28/06/15 | Lincoln Vulcans Grantham L3 Open Meet         | Grantham     | South Lincs     | 3     |
| 1:14.86 | 394    | F     | 16/07/16 | SLCSC Club Championships                      | Spalding     | South Lincs     | 3     |
| 1:15.87 | 378    | H     | 01/10/16 | Modernian Golden Eagle Meet                   | Bletchley    | South Lincs     | 2     |
| 1:16.55 | 368    | F     | 15/11/13 | South Lincs CSC Club Championships 2013       | Spalding     | South Lincs     | 4     |
| 1:19.23 | 332    | H     | 04/05/13 | South Lincs SC Tulip Open Meet                | Spalding     | South Lincs     | 3     |
| 1:21.38 | 306    | H     | 16/03/13 | Lincolnshire County Championships             | Louth        | South Lincs     | 2     |
| 1:23.46 | 284    | F     | 02/12/12 | City of Peterborough Winter Open Meet         | Peterborough | South Lincs     | 3     |
| 1:25.45 | 265    | H     | 14/07/12 | Chesterfield SC Summer Splash Meet 2012       | Chesterfield | South Lincs     | 3     |
| 1:30.00 | 226    | H     | 19/11/11 | Mansfield SC Major Oak Open Meet              | Mansfield    | South Lincs     | 3     |
| 1:31.61 | 215    | H     | 26/11/11 | Lincoln Vulcans Short Course Open Meet        | Grantham     | South Lincs     | 3     |
| 1:32.11 | 211    | H     | 23/07/11 | City of Bradford End of Season Meet           | Bradford     | South Lincs     | 3     |
| 1:34.48 | 196    | H     | 20/11/10 | Mansfield Major Open Meet                     | Mansfield    | South Lincs     | 3     |
| 1:38.16 | 174    | H     | 24/07/10 | Bradford End of Season                        | Bradford     | South Lincs     | 3     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet  | Venue        | Club Swam Under | Level |
|---------|--------|-------|----------|---|--------------|-----------------|-------|
| 1:15.87 | 378    | H     | 01/10/16 | Modernian Golden Eagle Meet                   | Bletchley    | South Lincs     | 2     |
| 1:14.86 | 394    | F     | 16/07/16 | SLCSC Club Championships                      | Spalding     | South Lincs     | 3     |
| 1:12.20 | 439    | F     | 30/04/16 | South Lincs Tulip Meet 2016                   | Spalding     | South Lincs     | 3     |
| 1:12.39 | 435    | H     | 30/04/16 | South Lincs Tulip Meet 2016                   | Spalding     | South Lincs     | 3     |
| 1:13.79 | 411    | F     | 12/03/16 | Mid Beds Swim Squad Level 2 Open Meet         | Biggleswade  | South Lincs     | 2     |
| 1:12.81 | 428    | F     | 07/02/16 | Lincolnshire County Championships 2016        | Louth        | South Lincs     | 2     |
| 1:12.46 | 434    | H     | 07/02/16 | Lincolnshire County Championships 2016        | Louth        | South Lincs     | 2     |
| 1:13.98 | 408    | F     | 17/10/15 | South Lincs Club Championships 2015           | Spalding     | South Lincs     | 3     |
| 1:14.37 | 402    | H     | 28/06/15 | Lincoln Vulcans Grantham L3 Open Meet         | Grantham     | South Lincs     | 3     |
| 1:10.17 | 478    | F     | 02/05/15 | 31st Tulip Open Meet                          | Spalding     | South Lincs     | 3     |
| 1:11.41 | 454    | H     | 02/05/15 | 31st Tulip Open Meet                          | Spalding     | South Lincs     | 3     |
| 1:12.53 | 433    | H     | 12/04/15 | The 2015 Leicester Age Group Meet             | Leicester    | South Lincs     | 3     |
| 1:12.11 | 441    | F     | 20/10/14 | South Lincs CSC Club Championships 2014       | Spalding     | South Lincs     | 4     |
| 1:13.34 | 419    | F     | 10/05/14 | City of Peterborough Last Chance L2 Open Meet | Peterborough | South Lincs     | 2     |
| 1:12.65 | 431    | F     | 04/05/14 | South Lincs CSC Tulip Open Meet               | Spalding     | South Lincs     | 3     |
| 1:12.16 | 440    | H     | 04/05/14 | South Lincs CSC Tulip Open Meet               | Spalding     | South Lincs     | 3     |
| 1:13.55 | 415    | H     | 22/03/14 | 63rd Annual Lincolnshire County Champs        | Louth        | South Lincs     | 2     |
| 1:16.55 | 368    | F     | 15/11/13 | South Lincs CSC Club Championships 2013       | Spalding     | South Lincs     | 4     |
| 1:19.23 | 332    | H     | 04/05/13 | South Lincs SC Tulip Open Meet                | Spalding     | South Lincs     | 3     |
| 1:21.38 | 306    | H     | 16/03/13 | Lincolnshire County Championships             | Louth        | South Lincs     | 2     |
| 1:23.46 | 284    | F     | 02/12/12 | City of Peterborough Winter Open Meet         | Peterborough | South Lincs     | 3     |
| 1:25.45 | 265    | H     | 14/07/12 | Chesterfield SC Summer Splash Meet 2012       | Chesterfield | South Lincs     | 3     |
| 1:31.61 | 215    | H     | 26/11/11 | Lincoln Vulcans Short Course Open Meet        | Grantham     | South Lincs     | 3     |
| 1:30.00 | 226    | H     | 19/11/11 | Mansfield SC Major Oak Open Meet              | Mansfield    | South Lincs     | 3     |
| 1:32.11 | 211    | H     | 23/07/11 | City of Bradford End of Season Meet           | Bradford     | South Lincs     | 3     |
| 1:34.48 | 196    | H     | 20/11/10 | Mansfield Major Open Meet                     | Mansfield    | South Lincs     | 3     |
| 1:38.16 | 174    | H     | 24/07/10 | Bradford End of Season                        | Shipley      | South Lincs     | 3     |