

Individual Best Times (All Time)

Robert Aland - (411159) - Team Ipswich Swimming - 100 Freestyle - 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
53.92	575	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	teamipswich	2
54.01	572	F	09/03/14	Suffolk County ASA County Championships	Ipswich	teamipswich	2
54.03	571	F	11/03/13	Suffolk County Championships	Ipswich	teamipswich	2
54.04	571	F	11/03/13	Suffolk County Championships	Ipswich	teamipswich	2
54.06	570	F	13/01/13	Teamipswich SC January Open Meet	Ipswich	teamipswich	3
54.17	567	F	09/03/14	Suffolk County ASA County Championships	Ipswich	teamipswich	2
54.50	556	H	14/01/12	teamipswich Swimming New Year Opener	Ipswich	teamipswich	4
54.52	556	H	16/10/11	BG ASA National County Team Division 1	Sheffield	teamipswich	2
54.52	556	F	17/11/12	Teamipswich Club Championships	Ipswich	teamipswich	4
54.65	552	H	11/03/12	Suffolk County Championships	Newmarket	teamipswich	2
54.65	552	F	23/11/13	Teamipswich Club Championships	Ipswich	teamipswich	4
54.74	549		26/11/11	Teamipswich Club Championships	Ipswich	teamipswich	4
55.14	537	F	11/03/12	Suffolk County Championships	Newmarket	teamipswich	2
55.16	537	H	01/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
55.18	536	H	09/01/11	teamipswich 12th Licensed Open Meet	Ipswich	teamipswich	3
55.19	536	H	23/10/11	teamipswich 13th Open Meet	Ipswich	teamipswich	2
55.27	533	H	11/12/11	Cambridgeshire County 3 Counties Gala	Peterborough	teamipswich	3
55.40	530	H	03/12/11	BG East Region Winter Championships	Norwich	teamipswich	2
55.54	526	H	10/07/11	teamipswich Summer Sprints	Ipswich	teamipswich	3
56.09	510	F	01/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
57.62	471	H	23/10/10	teamipswich 25th Open Meet	Ipswich	teamipswich	2
57.91	464	H	11/07/10	Teamipswich Summer Sprint	Ipswich	teamipswich	3
58.75	444		07/03/10	Suffolk County Champs	Ipswich	teamipswich	2
59.22	434		07/03/10	Suffolk County Champs	Ipswich	teamipswich	2
1:00.42	408	H	12/07/09	teamipswich Summer Sprints	Ipswich	teamipswich	3
1:02.39	371		15/03/09	Suffolk County Champs	Ipswich	teamipswich	2
1:03.01	360		15/03/09	Suffolk County Champs	Ipswich	teamipswich	2

1:03.01	300		13/03/09	Suffolk County Champs	Ipswich	teamipswich	
1:03.23	356	H	18/01/09	teamipswich 10th Open	Ipswich	teamipswich	2
1:04.91	329	H	26/10/08	teamipswich 23rd Junior Mt	Ipswich	teamipswich	2
1:09.34	270		09/03/08	Suffolk County Champs	Ipswich	teamipswich	2

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