

# Individual Best Times (All Time)

Zahra Benamara - (422207) - City of Linc Pentaqua SC - 50 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
37.77	298	H	11/07/15	CLP Club Championships 2015	Lincoln		4
38.00	293	H	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham		3
38.09	291	H	10/05/15	CLP Club Championships 2015	Lincoln		4
38.60	279	H	13/07/13	Lincoln Vulcans Short Course Open Meet	Grantham	Co Lincoln P	3
38.70	277	H	02/11/14	Louth Dolphins Meridian Meet	Louth		3
39.47	261	H	09/11/14	City of Lincoln Pentaqua Club Championships	Lincoln		4
39.66	258	H	11/05/14	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
39.68	257	H	12/07/14	Lincoln Vulcans Short Course Level 3 Open Meet	Grantham	Co Lincoln P	3
39.81	255	H	19/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield		3
39.90	253	H	10/11/13	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
40.40	244	H	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield		3
42.00	217	H	01/12/12	Chesterfield Happy Christmas Meet	Chesterfield	Co Lincoln P	3
42.88	204	H	17/11/12	Lincoln Vulcans Short Course Open Meet	Grantham	Co Lincoln P	3
43.37	197	H	22/09/12	Rotherham Metro A & B Grade Meet	Sheffield	Co Lincoln P	3
46.05	164	H	14/07/12	Rotherham Metro ASC L3 Short Course Meet	Sheffield	Co Lincoln P	3
49.40	133	H	20/11/11	Mansfield SC Major Oak Open Meet	Mansfield	Co Lincoln P	3
50.71	123	H	16/07/11	Rotherham Metro A & B Grade Meet	Sheffield	Co Lincoln P	3
1:04.61	59	H	18/09/10	Rotherham Metro B & C Meet	Sheffield	Co Lincoln P	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
37.77	298	H	11/07/15	CLP Club Championships 2015	Lincoln		4
38.00	293	H	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham		3
38.09	291	H	10/05/15	CLP Club Championships 2015	Lincoln		4
39.47	261	H	09/11/14	City of Lincoln Pentaqua Club Championships	Lincoln		4
38.70	277	H	02/11/14	Louth Dolphins Meridian Meet	Louth		3

40.40	244	H	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield		3
39.81	255	H	19/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield		3
39.68	257	H	12/07/14	Lincoln Vulcans Short Course Level 3 Open Meet	Grantham	Co Lincoln P	3
39.66	258	H	11/05/14	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
39.90	253	H	10/11/13	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
38.60	279	H	13/07/13	Lincoln Vulcans Short Course Open Meet	Grantham	Co Lincoln P	3
42.00	217	H	01/12/12	Chesterfield Happy Christmas Meet	Chesterfield	Co Lincoln P	3
42.88	204	H	17/11/12	Lincoln Vulcans Short Course Open Meet	Grantham	Co Lincoln P	3
43.37	197	H	22/09/12	Rotherham Metro A & B Grade Meet	Sheffield	Co Lincoln P	3
46.05	164	H	14/07/12	Rotherham Metro ASC L3 Short Course Meet	Sheffield	Co Lincoln P	3
49.40	133	H	20/11/11	Mansfield SC Major Oak Open Meet	Mansfield	Co Lincoln P	3
50.71	123	H	16/07/11	Rotherham Metro A & B Grade Meet	Sheffield	Co Lincoln P	3
1:04.61	59	H	18/09/10	Rotherham Metro B & C Meet	Sheffield	Co Lincoln P	3