

Individual Best Times (All Time)

Zahra Benamara - (422207) - City of Linc Pentaqua SC - 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
1:09.44	378	H	07/02/16	Lincolnshire County Championships 2016	Louth	Co Lincoln P	2
1:09.66	375	H	21/03/15	Lincolnshire County ASA Swimming Championships	Louth		2
1:10.67	359	H	02/05/15	31st Tulip Open Meet	Spalding		3
1:10.69	359	H	20/12/14	City of Lincoln Pentaqua Club Championships	Lincoln		4
1:10.91	355	H	19/09/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
1:11.53	346	H	03/10/15	CLP Club Championships 2015	Lincoln		4
1:11.74	343	F	23/11/14	Bramcote Open meet	Bramcote		3
1:12.08	338	H	19/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield		3
1:12.56	332	H	01/11/14	Louth Dolphins Meridian Meet	Louth		3
1:13.31	322	H	29/11/14	City of Lincoln Pentaqua Club Championships	Lincoln		4
1:13.32	321	H	13/12/13	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
1:13.39	320	H	04/05/14	South Lincs CSC Tulip Open Meet	Spalding	Co Lincoln P	3
1:13.58	318	H	22/03/14	63rd Annual Lincolnshire County Champs	Louth	Co Lincoln P	2
1:14.52	306	H	20/07/13	Rotherham Metro A & B Grade Gala	Sheffield	Co Lincoln P	3
1:14.62	305	H	02/11/13	Louth Dolphins Meridian Meet	Louth	Co Lincoln P	3
1:14.99	300	H	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield		3
1:16.39	284	H	30/11/13	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
1:18.27	264	H	22/09/12	Rotherham Metro A & B Grade Meet	Sheffield	Co Lincoln P	3
1:20.56	242	H	14/07/12	Rotherham Metro ASC L3 Short Course Meet	Sheffield	Co Lincoln P	3
1:28.96	180	H	20/11/11	Mansfield SC Major Oak Open Meet	Mansfield	Co Lincoln P	3
1:34.03	152	H	16/07/11	Rotherham Metro A & B Grade Meet	Sheffield	Co Lincoln P	3

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