

# Individual Best Times (All Time)

Zahra Benamara - (422207) - City of Linc Pentaqua SC - 200 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
2:24.66	443	H	07/03/15	Lincolnshire County ASA Swimming Championships	Louth		2
2:27.50	418	H	19/09/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
2:28.81	407	H	23/01/16	Lincolnshire County Championships 2016	Grantham	Co Lincoln P	2
2:30.57	393	H	17/10/15	Lincoln Vulcans Level 2 Open Meet	Sheffield		2
2:31.06	389	H	01/11/15	CLP Club Championships 2015	Lincoln		4
2:31.93	382	H	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham		3
2:32.19	380	H	29/11/14	City of Lincoln Pentaqua Club Championships	Lincoln		4
2:33.04	374	F	23/11/14	Bramcote Open meet	Bramcote		3
2:33.94	367	H	13/07/13	Lincoln Vulcans Short Course Open Meet	Grantham	Co Lincoln P	3
2:34.02	367	H	02/11/14	Louth Dolphins Meridian Meet	Louth		3
2:34.58	363	H	12/07/14	Lincoln Vulcans Short Course Level 3 Open Meet	Grantham	Co Lincoln P	3
2:35.41	357	H	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield		3
2:35.73	355	H	02/11/13	Louth Dolphins Meridian Meet	Louth	Co Lincoln P	3
2:36.63	349	H	28/11/15	CLP Club Championships 2105	Lincoln		4
2:36.83	347	H	30/11/13	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
2:40.77	323	H	08/03/14	Lincolnshire 63rd Annual County Champs	Louth	Co Lincoln P	2
2:40.77	323	H	08/03/14	63rd Annual Lincolnshire County Champs	Louth	Co Lincoln P	2
2:45.09	298	H	17/11/12	Lincoln Vulcans Short Course Open Meet	Grantham	Co Lincoln P	3
2:48.66	279	H	01/12/12	Chesterfield Happy Christmas Meet	Chesterfield	Co Lincoln P	3
3:17.48	174		03/09/11	Bramcote Distance Invitational	Bramcote	Co Lincoln P	4
4:16.02	79		04/09/10	Bramcote Invitational	Nottingham	Co Lincoln P	4

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