

Individual Best Times (All Time)

Zahra Benamara - (422207) - City of Linc Pentaqua SC - 50 Breaststroke - 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
40.43	345	H	21/11/15	Louth Meridian Meet	Louth		3
40.93	333	H	10/05/15	CLP Club Championships 2015	Lincoln		4
41.07	329	H	07/02/16	Lincolnshire County Championships 2016	Louth	Co Lincoln P	2
41.14	327	H	21/03/15	Lincolnshire County ASA Swimming Championships	Louth		2
41.70	314	H	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield		3
41.85	311	H	09/11/14	City of Lincoln Pentaqua Club Championships	Lincoln		4
41.89	310	H	19/09/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
41.94	309	H	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham		3
42.63	294	H	01/11/14	Louth Dolphins Meridian Meet	Louth		3
42.98	287	H	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield		3
43.59	275	H	22/03/14	63rd Annual Lincolnshire County Champs	Louth	Co Lincoln P	2
43.60	275	H	21/09/13	Rotherham Metro SC A & B Grade SC Meet	Sheffield	Co Lincoln P	3
43.70	273	H	11/05/14	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
44.11	266	H	10/11/13	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
44.45	259	H	12/05/13	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
46.10	233	H	22/09/12	Rotherham Metro A & B Grade Meet	Sheffield	Co Lincoln P	3
52.67	156	H	17/09/11	Rotherham Metro A & B Grade Gala	Sheffield	Co Lincoln P	3
59.71	107	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
41.07	329	H	07/02/16	Lincolnshire County Championships 2016	Louth	Co Lincoln P	2
40.43	345	H	21/11/15	Louth Meridian Meet	Louth		3
41.89	310	H	19/09/15	Rotherham Metro A & B Grade Short Course Meet	Sheffield		3
41.94	309	H	28/06/15	Lincoln Vulcans Grantham L3 Open Meet	Grantham		3
40.93	333	H	10/05/15	CLP Club Championships 2015	Lincoln		4

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41.85	311	H	09/11/14	City of Lincoln Pentaqua Club Championships	Lincoln		4
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42.98	287	H	20/09/14	Rotherham Metro A&B Grade Meet	Sheffield		3
41.70	314	H	20/07/14	Rotherham Metro A&B Grade SC Meet	Sheffield		3
43.70	273	H	11/05/14	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
43.59	275	H	22/03/14	63rd Annual Lincolnshire County Champs	Louth	Co Lincoln P	2
44.11	266	H	10/11/13	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
43.60	275	H	21/09/13	Rotherham Metro SC A & B Grade SC Meet	Sheffield	Co Lincoln P	3
44.45	259	H	12/05/13	City of Lincoln Pentaqua Club Championships	Lincoln	Co Lincoln P	4
46.10	233	H	22/09/12	Rotherham Metro A & B Grade Meet	Sheffield	Co Lincoln P	3
52.67	156	H	17/09/11	Rotherham Metro A & B Grade Gala	Sheffield	Co Lincoln P	3
59.71	107	H	18/09/10	Rotherham Metro B & C Meet	Sheffield	Co Lincoln P	3