

# Individual Best Times (All Time)

Alice Sherwin - (423488) - Team Ipswich Swimming - 50 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
28.46	523	H	07/12/14	ASA East Region Winter Championships	Luton		2
28.47	522	F	10/03/12	Suffolk County Championships	Newmarket	teamipswich	2
28.62	514	H	03/12/11	BG East Region Winter Championships	Norwich	teamipswich	2
28.77	506	H	10/03/12	Suffolk County Championships	Newmarket	teamipswich	2
28.89	499	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	teamipswich	2
28.90	499	H	23/10/11	teamipswich 13th Open Meet	Ipswich	teamipswich	2
29.04	492	F	08/03/14	Suffolk County ASA County Championships	Ipswich	teamipswich	2
29.05	491	H	01/12/12	ASA East Region Winter Championships	Cambridge	teamipswich	2
29.05	491	F	17/01/15	Teamipswich Swimming January Open Meet	Ipswich	teamipswich	3
29.15	486	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
29.18	485	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	teamipswich	3
29.23	482		05/03/11	Suffolk County Championships	Ipswich	teamipswich	2
29.27	480	F	13/01/13	Teamipswich SC January Open Meet	Ipswich	teamipswich	3
29.28	480	H	07/03/15	Suffolk County Championships	Ipswich	teamipswich	2
29.30	479		05/03/11	Suffolk County Championships	Ipswich	teamipswich	2
29.30	479	H	08/11/15	ASA East Region Winter Championships 2015	Luton		2
29.31	478	F	03/11/13	Teamipswich Swimming November Open Meet	Ipswich	teamipswich	3
29.43	472	F	10/03/13	Suffolk County Championships	Ipswich	teamipswich	2
29.44	472	F	17/07/16	Teamipswich July Surprize Meet 2016	Ipswich	teamipswich	3
29.60	464	F	19/01/14	Teamipswich January Last Chance Meet	Ipswich	teamipswich	3
29.80	455	F	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
29.84	453	F	01/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
30.01	446	H	09/01/11	teamipswich 12th Licensed Open Meet	Ipswich	teamipswich	3
30.13	440	H	11/07/10	Teamipswich Summer Sprint	Ipswich	teamipswich	3
30.84	411		07/03/10	Suffolk County Champs	Ipswich	teamipswich	2
31.05	402		07/03/10	Suffolk County Champs	Ipswich	teamipswich	2
31.10	400	H	24/01/10	teamipswich 14th Open Meet	Ipswich	teamipswich	2

31.10	400	H	24/01/10	teamipswich 11th Open Meet	ipswich	teamipswich	3
32.60	347	H	11/07/09	teamipswich Summer Sprints	ipswich	teamipswich	3
33.95	308		08/03/09	Suffolk County Champs	ipswich	teamipswich	2
34.63	290	H	26/10/08	teamipswich 23rd Junior Mt	ipswich	teamipswich	2
34.81	285		07/12/08	Deben Open Meet	Deben	teamipswich	4
35.58	267		21/06/08	Suffolk County Develop Ch	ipswich	teamipswich	3
36.22	253	H	12/07/08	teamipswich Summer Sprint	ipswich	teamipswich	3
42.94	152	H	16/06/07	Suffolk County Development	ipswich	teamipswich	3

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29.30	479	H	08/11/15	ASA East Region Winter Championships 2015	Luton		2
29.18	485	F	12/07/15	Teamipswich July Surprize Open 2015	ipswich	teamipswich	3
29.28	480	H	07/03/15	Suffolk County Championships	ipswich	teamipswich	2
29.05	491	F	17/01/15	Teamipswich Swimming January Open Meet	ipswich	teamipswich	3
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29.84	453	F	01/11/14	Teamipswich Open Meet	ipswich	teamipswich	3
29.80	455	F	28/09/14	Teamipswich SC Early Season Open Meet	ipswich	teamipswich	3
29.15	486	F	13/07/14	Teamipswich SC July Surprize Open	ipswich	teamipswich	3
29.04	492	F	08/03/14	Suffolk County ASA County Championships	ipswich	teamipswich	2
29.60	464	F	19/01/14	Teamipswich January Last Chance Meet	ipswich	teamipswich	3
29.31	478	F	03/11/13	Teamipswich Swimming November Open Meet	ipswich	teamipswich	3
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