

Individual Best Times (All Time)

Zara Postlethwaite - (512661) - Copeland ASC - 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
35.78	351	H	28/01/17	Cumbria Age Groups & County Championships	Workington	Cockermouth	2
35.88	348	H	28/11/15	Carlisle Aquatics 2015 Sprints & Medley Open Meet	Carlisle		3
35.95	346	H	27/01/18	2018 Cumbrian County Championships & Age Groups	Carlisle	Cockermouth	2
35.96	346	H	23/09/17	8th Presidents Open Meet	Workington	Cockermouth	3
36.06	343	H	08/03/15	2015 Cumbria Age Groups & County Championships	Kendal		2
36.06	343	H	06/12/15	2015 Cumbria Autumn Meet	Whitehaven		3
36.25	337	H	20/09/15	Richmond Dales Open Meet	Durham		3
36.27	337	H	26/11/16	Carlisle Aquatics 2016 Sprints & Medley Open Meet	Carlisle	Cockermouth	3
36.29	336	H	25/11/17	Allerdale Gala 2017	Workington	Cockermouth	3
36.34	335	H	06/02/16	2016 Cumbria Age Groups & County Championships	Whitehaven	Copeland	2
36.37	334	H	04/07/15	Kendal Mint Open Gala 2015	Kendal		3
36.44	332	H	16/10/16	The Allerdale Gala 2016	Workington	Cockermouth	3
36.56	329	H	04/12/16	2016 Cumbria Winter Meet	Kendal	Cockermouth	3
36.86	321	H	24/01/15	2015 Cumbria Winter Meet	Workington		3
37.01	317	H	29/11/14	Carlisle Aquatics 2014 Sprints & Medley Open Meet	Carlisle		3
37.06	316	H	24/09/16	Workington 7th Presidents Open Meet	Workington	Cockermouth	3
37.49	305	H	10/05/14	Copeland ASC 20th Bill & Monica Griffin Gala	Whitehaven	Copeland	3
37.58	303	H	09/03/14	Cumbrian Age Groups and County Champs	Kendal	Copeland	2
39.42	262	F	17/11/13	Wigan BEST Future Stars Meet	Wigan	Copeland	1
39.46	262	H	25/01/14	2014 Cumbria Winter Meet	Whitehaven	Copeland	3
40.27	246	F	10/03/13	Cumbria Age Group & County Championships	Kendal	Copeland	2
40.73	238	H	10/03/13	Cumbria Age Group & County Championships	Kendal	Copeland	2
41.02	233	H	06/04/13	Bolton Metro Easter Sprint Meet 2013	Bolton	Copeland	3
41.39	227	H	22/09/12	Cumbrian 2012 Inter Association Qualifier	Carlisle	Copeland	3
42.08	216	F	17/03/12	Cumbria Age Groups & County Championships	Whitehaven	Copeland	2
42.67	207	H	21/04/12	2012 Bill & Monica Griffin Gala	Whitehaven	Copeland	4
43.06	202	F	20/03/12	Ulverston ASC Graded Open Age Group Meet	Kendal	Copeland	2

42.96	203	F	29/09/12	Ulverston ASC Graded Open Age Group Meet	Kendal	Copeland	3
43.16	200	H	17/03/12	Cumbria Age Groups & County Championships	Whitehaven	Copeland	2
43.80	191	H	15/01/12	Harrogate Janus A & B Grade Meet	Harrogate	Copeland	3
46.64	158	F	24/09/11	Ulverston ASC Graded Level 3 Meet	Kendal	Copeland	3
48.17	144	H	26/11/11	Cumbria Autumn Graded Series	Kendal	Copeland	3

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