

# Individual Best Times (All Time)

Zara Postlethwaite - (512661) - Copeland ASC - 100 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
1:16.88	363	H	18/11/18	COPELAND ASC CLUB CHAMPIONSHIP	WHITEHAVEN	Copeland	4
1:16.96	362	F	07/03/15	2015 Cumbria Age Groups & County Championships	Kendal		2
1:17.09	360	H	03/02/18	2018 Cumbrian County Championships & Age Groups	Kendal	Cockermouth	2
1:17.13	360	H	27/03/19	Copeland ASC Club Championships	Whitehaven	Copeland	4
1:17.16	360	H	07/03/15	2015 Cumbria Age Groups & County Championships	Kendal		2
1:17.45	355	H	23/09/17	8th Presidents Open Meet	Workington	Cockermouth	3
1:17.75	351	H	10/06/17	Copeland ASC 2017 Graded Gala	Whitehaven	Cockermouth	3
1:18.26	345	H	24/09/16	Workington 7th Presidents Open Meet	Workington	Cockermouth	3
1:18.29	344	H	25/11/17	Allerdale Gala 2017	Workington	Cockermouth	3
1:18.31	344	H	11/06/16	2016 Copeland Graded Gala	Whitehaven	Cockermouth	3
1:18.42	342	H	22/11/15	Bolton & Manchester SWPA Inter Association	Wigan		3
1:18.57	340	H	14/01/17	Cumbria Age Group & County Championships	Workington	Cockermouth	4
1:18.59	340	H	16/10/16	The Allerdale Gala 2016	Workington	Cockermouth	3
1:18.65	339	H	25/10/14	Middlesbrough Halloween Open Meet	Middlesbrough		2
1:19.03	335	H	28/09/14	Blackpool Lights 2014	Blackpool		3
1:19.08	334	H	06/12/15	2015 Cumbria Autumn Meet	Whitehaven		3
1:19.27	332	H	26/09/15	Ulverston Graded Age Group Meet	Kendal		3
1:19.33	331	H	01/11/15	Copeland Club Championships	Copeland		4
1:19.80	325	H	13/06/15	20th Copeland Graded Gala	Whitehaven		3
1:20.00	323	H	12/09/15	Workington ASC 6th Presidents Open Meet	Workigton		3
1:20.09	321	H	07/12/14	Copeland Club Championships	Whitehaven		4
1:20.25	319	H	27/02/16	Cumbria Age Groups & County Championships	Kendal	Copeland	2
1:20.31	319	H	25/01/15	2015 Cumbria Winter Meet	Workington		3
1:20.68	314	H	19/09/15	Richmond Dales Open Meet	Durham		3
1:22.69	292	H	14/06/14	Copeland ASC 19th Graded Gala	Whitehaven	Copeland	3
1:23.27	286	H	21/09/13	2013 Cumbria ASA Inter- Association Qualifier	Carlisle	Copeland	3
1:24.55	272	H	08/12/15	Copeland Club Championships	Whitehaven	Copeland	4

1:24.55	273	H	08/12/13	Copeland Club Championships	Whitehaven	Copeland	4
1:25.30	266	H	26/01/14	2014 Cumbria Winter Meet	Whitehaven	Copeland	3
1:25.47	264	F	28/09/13	Ulverston ASC Graded Age Group Meet 2013	Kendal	Copeland	3
1:26.18	258	F	16/11/13	Wigan BEST Future Stars Meet	Wigan	Copeland	1
1:26.95	251	H	20/01/13	Copeland ASC Club Championships	Whitehaven	Copeland	4
1:26.99	251	H	15/06/13	Copeland ASC 17th Graded Gala	Whitehaven	Copeland	3

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