

# Individual Best Times (All Time)

Lucy Ambrose - (556570) - Gainsborough Dolphins SC - 100 Individual Medley - 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
1:10.88	506	H	14/02/15	Nottinghamshire County Championships	Nottingham		2
1:11.49	493	H	07/11/15	Midland 2015 Short Course Championships	Nottingham		2
1:12.39	475	H	04/10/14	Derventio Excel Open Meet	Matlock		2
1:12.55	472	H	11/10/14	Worksop Dolphins SC Club Championships 2014	Worksop		4
1:12.56	472	H	06/12/14	Midland Short Course Championships	Rugby		2
1:12.93	465	H	30/03/14	Nottinghamshire County Championships	Beechdale	Nova Cent'n	2
1:13.49	454	H	20/01/18	Lincolnshire County Championships 2018	Grantham	Gainsborough	2
1:13.61	452	H	07/12/13	Midland Short Course 2013	Stafford	Nova Cent'n	2
1:13.65	451	H	24/03/13	Nottinghamshire ASA County Championships	Mansfield	Nova Cent'n	2
1:13.72	450	H	16/10/13	Worksop Dolphins Club Championships	Worksop	Nova Cent'n	4
1:13.75	449	F	13/11/16	Scunthorpe Anchor Remembrance Meet	Scunthorpe	Gainsborough	3
1:15.90	412	H	29/10/17	Retford Peter Jervis Memorial Meet	Retford	Gainsborough	3
1:17.59	386	H	30/09/12	Worksop Dolphins Club Championships	Worksop	Nova Cent'n	4
1:18.76	369	H	04/03/12	Nottinghamshire County Championships	Mansfield	Nova Cent'n	2
1:24.73	296	H	28/09/11	Worksop Dolphins SC Club Championshipa	Worksop	Nova Cent'n	4
1:27.83	266	H	19/03/11	Nottinghamshire County Championships	Mansfield	Nova Cent'n	2
1:35.43	207	F	24/10/10	Retford Early Bird Meet	Retford	Nova Cent'n	2

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