

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 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
24.51	556	F	14/07/19	Teamipswich July Surprize Meet 2019	Ipswich	teamipswich	3
24.54	554	H	14/03/15	Suffolk County Championships	Ipswich	teamipswich	2
24.68	545	H	06/12/14	ASA East Region Winter Championships	Luton		2
24.81	536	F	14/03/15	Suffolk County Championships	Ipswich	teamipswich	2
24.85	533	F	19/11/16	Teamipswich November Open 2016	Ipswich	teamipswich	3
24.87	532	H	02/06/24	Ledbury and Malvern Club Gala 4 2024	Malvern	Ledbury	4
24.91	530	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	teamipswich	3
25.07	520	F	15/03/14	Suffolk County Championships	Ipswich	Stowmarket	2
25.21	511	F	15/03/14	Suffolk County Championships	Ipswich	Stowmarket	2
25.28	507	F	17/01/15	Teamipswich Swimming January Open Meet	Ipswich	teamipswich	3
25.35	502	F	19/01/14	Teamipswich January Last Chance Meet	Ipswich	Stowmarket	3
25.50	494	F	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
25.69	483	F	16/03/13	Suffolk County Championships	Ipswich	Stowmarket	2
25.74	480		01/12/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
25.74	480	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
25.93	469	F	01/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
26.03	464	H	01/12/12	ASA East Region Winter Championships	Cambridge	Stowmarket	2
26.41	444	H	27/10/12	Teamipswich 14th Open Meet	Ipswich	Stowmarket	2
26.49	440	H	04/07/21	Chichester Cormorants	Westgate	Chichester	0
26.60	435		17/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
26.94	419	F	08/07/12	City of Norwich Mid Summer Madness	Norwich	Stowmarket	3
27.13	410	F	17/03/12	Suffolk County Championships	Newmarket	Stowmarket	2
27.37	399	H	17/03/12	Suffolk County Championships	Newmarket	Stowmarket	2
27.80	381		19/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
27.89	377	H	14/01/12	teamipswich Swimming New Year Opener	Ipswich	Stowmarket	4
28.78	343	H	10/07/11	teamipswich Summer Sprints	Ipswich	Stowmarket	3
28.86	340		16/10/11	Dobson SC Open Meet	Woodbridge	Stowmarket	2

20.00	340		10/10/11	Deben SC Open Meet	Woodbridge	Stowmarket	3
29.69	313		12/03/11	Suffolk County Championships	Ipswich	Stowmarket	2
32.50	238		20/06/10	Suffolk County Development	Ipswich	Stowmarket	3
33.42	219		13/11/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4
34.67	196		22/11/09	Deben Open Meet	Deben	Stowmarket	4
38.88	139		20/06/09	Suffolk Development Meet	Ipswich	Stowmarket	3

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