

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 100 Butterfly - 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
57.76	566	F	27/11/22	Chichester Cormorants SC Club Championships 2022	Portsmouth		4
58.23	552	F	10/12/22	National Arena Swimming League South 2022 - R3	Portsmouth	Chichester	4
1:00.57	490	F	22/11/14	Teamipswich Club Championships	Ipswich	teamipswich	4
1:01.40	471	F	16/03/13	Suffolk County Championships	Ipswich	Stowmarket	2
1:01.59	466	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	teamipswich	3
1:01.83	461	F	16/03/13	Suffolk County Championships	Ipswich	Stowmarket	2
1:02.93	437	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
1:03.23	431	H	15/12/13	Suffolk County ASA Three Counties Gala	Ipswich	Stowmarket	2
1:03.57	424		24/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
1:03.91	417	F	02/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
1:05.01	397		17/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
1:12.30	288		19/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
1:13.42	275		25/06/11	Suffolk County ASA Development Competition	Newmarket	Stowmarket	3

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