

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 200 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
2:13.34	497	F	16/03/14	Suffolk County Championships	Ipswich	Stowmarket	2
2:15.59	472		24/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
2:15.70	471	F	02/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
2:27.85	364		25/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
2:32.87	329		27/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
2:34.37	320		26/06/11	Suffolk County ASA Development Competition	Newmarket	Stowmarket	3
2:44.12	266	H	19/09/10	teamipswich Novice Opener	Ipswich	Stowmarket	4
2:47.36	251		20/06/10	Suffolk County Development	Ipswich	Stowmarket	3
3:02.98	192		15/11/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4

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