

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 200 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
2:04.76	678	F	14/12/19	NASL London Round 3	Inspire, Luton	teamipswich	2
2:07.14	641	F	14/10/17	NASL - London Rounds 2017 - Premier Division	Becontree	teamipswich	2
2:07.77	631	F	12/10/19	NASL London Round 1	Woodside, Watford	teamipswich	2
2:08.27	624	F	10/12/16	NASL London	Luton	teamipswich	3
2:08.42	622	F	09/11/19	NASL London Round 2	Becontree	teamipswich	2
2:08.51	620	F	20/11/16	Teamipswich November Open 2016	Ipswich	teamipswich	3
2:09.63	604	F	05/07/15	ASA East Region Inter County Meet	Borehamwood		2
2:09.84	601	F	12/12/15	National Arena League-London Premier Div-Round123	Watford	teamipswich	2
2:10.04	599	F	08/10/16	NASL London	Harlow	teamipswich	3
2:10.52	592	F	10/10/15	National Arena League-London Premier Div-Round123	Hatfield	teamipswich	2
2:10.93	587	H	08/11/15	Midland 2015 Short Course Championships	Nottingham	Loughborough	2
2:11.30	582	F	18/01/15	Teamipswich Swimming January Open Meet	Ipswich	teamipswich	3
2:11.52	579	F	22/11/14	Teamipswich Club Championships	Ipswich	teamipswich	4
2:11.53	579	H	25/10/15	Nova Centurion October Short Course Open Meet	Nottingham	Loughborough	2
2:12.26	569	F	08/03/15	Suffolk County Championships	Ipswich	teamipswich	2
2:12.76	563	F	02/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
2:14.75	538	F	09/03/14	Suffolk County ASA County Championships	Ipswich	Stowmarket	2
2:14.96	536	F	11/12/21	National Arena Swimming League South Round 3	Guildford		4
2:15.11	534	F	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
2:15.80	526		23/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
2:17.49	506	F	18/01/14	Teamipswich January Last Chance Meet	Ipswich	Stowmarket	3
2:18.10	500	F	11/03/13	Suffolk County Championships	Ipswich	Stowmarket	2
2:19.83	481	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	Stowmarket	2
2:20.94	470		10/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
2:21.32	466	H	02/12/12	ASA East Region Winter Championships	Cambridge	Stowmarket	2
2:24.08	440	F	07/07/12	City of Norwich Mid Summer Madness	Norwich	Stowmarket	3
2:25.51	427	H	11/03/13	Suffolk County Championships	Stowmarket	Stowmarket	2

2:29.34	427	H	11/03/12	Suffolk County Championships	Newmarket	Stowmarket	
2:30.03	390	H	14/01/12	teamipswich Swimming New Year Opener	Ipswich	Stowmarket	4
2:31.48	379		12/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
2:32.23	373		15/10/11	Deben SC Open Meet	Woodbridge	Stowmarket	3
2:34.90	354		13/03/11	Suffolk County Championships	Ipswich	Stowmarket	2
2:43.33	302	H	19/09/10	teamipswich Novice Opener	Ipswich	Stowmarket	4
2:46.83	283		21/06/10	Suffolk County Development	Ipswich	Stowmarket	3
2:55.48	243		14/03/10	Suffolk County Champs	Ipswich	Stowmarket	2
3:02.48	216		21/11/09	Deben Open Meet	Deben	Stowmarket	4
3:09.98	192		14/11/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4

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