

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 400 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 |
|---------|--------|-------|----------|--|---------------------|-----------------|-------|
| 4:46.16 | 552 | F | 15/03/14 | Suffolk County Championships | Ipswich | Stowmarket | 2 |
| 4:50.23 | 529 | | 15/11/13 | Stowmarket SC Club Championships | Stowmarket | Stowmarket | 4 |
| 4:52.12 | 519 | F | 16/03/13 | Suffolk County Championships | Ipswich | Stowmarket | 2 |
| 4:52.54 | 517 | | 09/11/12 | Stowmarket Swimming Club Championships | Stowmarket | Stowmarket | 4 |
| 4:57.57 | 491 | F | 19/01/14 | Teamipswich January Last Chance Meet | Ipswich | Stowmarket | 3 |
| 5:08.58 | 440 | H | 17/03/12 | Suffolk County Championships | Newmarket | Stowmarket | 2 |
| 5:15.93 | 410 | | 11/11/11 | Stowmarket Club Championships | Stowmarket | Stowmarket | 4 |
| 5:21.72 | 388 | | 12/03/11 | Suffolk County Championships | Ipswich | Stowmarket | 2 |
| 5:36.20 | 340 | F | 06/05/11 | West Suffolk Open Meet | Bury St Edmunds | Stowmarket | 2 |
| 6:50.96 | 186 | | 13/11/09 | Stowmarket Club Champs | Mid Suffolk Leisure | Stowmarket | 4 |

Swims in Date Order

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