

# Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 200 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
1:55.73	633	F	19/11/16	Teamipswich November Open 2016	Ipswich	teamipswich	3
2:00.11	566	F	23/11/14	Teamipswich Club Championships	Ipswich	teamipswich	4
2:03.02	527		15/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
2:04.27	511	F	16/03/14	Suffolk County Championships	Ipswich	Stowmarket	2
2:06.64	483		11/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
2:11.08	435	H	18/03/12	Suffolk County Championships	Newmarket	Stowmarket	2
2:15.71	392		13/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
2:20.30	355		06/03/11	Suffolk County Championships	Ipswich	Stowmarket	2
2:29.67	292	H	19/09/10	teamipswich Novice Opener	Ipswich	Stowmarket	4
2:31.56	281		21/06/10	Suffolk County Development	Ipswich	Stowmarket	3
2:34.97	263		25/04/10	Newmarket 2nd Open Meet	Newmarket	Stowmarket	3
2:45.56	216		14/11/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4
2:45.84	215		21/11/09	Deben Open Meet	Deben	Stowmarket	4

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