

# Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 400 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
4:08.54	622	F	21/03/15	Suffolk County Championships	Ipswich	teamipswich	2
4:19.86	544	F	23/03/14	Suffolk County Championships	Ipswich	Stowmarket	2
4:20.15	543		29/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
4:22.53	528	F	14/03/13	Suffolk County Championships	Ipswich	Stowmarket	2
4:27.28	500		30/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
4:45.60	410		18/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
4:50.38	390		20/03/11	Suffolk County Championships	Ipswich	Stowmarket	2
6:14.98	181		09/10/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4
6:14.98	181		09/10/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4

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