

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 50 Breaststroke - 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
28.54	668	H	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	teamipswich	2
28.54	668	F	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	teamipswich	2
28.55	667	H	07/12/19	Swim England National Winter Championships (25m)	Sheffield	teamipswich	2
29.36	613	H	11/11/17	BUCS Short Course Swimming Championships	Sheffield	Loughborough	2
29.70	592	H	12/11/16	BUCS Short Course Swimming Championships	Sheffield	Loughborough	2
29.73	591	H	19/12/15	ASA Winter Meet	Sheffield	Lboro Uni	2
29.79	587	F	14/07/19	Teamipswich July Surprize Meet 2019	Ipswich	teamipswich	3
29.95	578	H	23/10/16	Manchester International 2016	Manchester	Lboro Uni	2
29.98	576	F	07/12/14	ASA East Region Winter Championships	Luton		2
30.08	570	F	07/03/15	Suffolk County Championships	Ipswich	teamipswich	2
30.10	569	H	08/11/15	Midland 2015 Short Course Championships	Nottingham	Loughborough	2
30.10	569	F	08/11/15	Midland 2015 Short Course Championships	Nottingham	Loughborough	2
30.15	566	H	24/10/15	Nova Centurion October Short Course Open Meet	Nottingham	Loughborough	2
30.32	557	H	07/12/14	ASA East Region Winter Championships	Luton		2
30.42	551	F	19/11/16	Teamipswich November Open 2016	Ipswich	teamipswich	3
30.56	544	H	07/03/15	Suffolk County Championships	Ipswich	teamipswich	2
30.96	523	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	teamipswich	3
30.97	522	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
31.10	516	H	04/07/21	Chichester Cormorants	Westgate	Chichester	0
31.27	507	F	17/01/15	Teamipswich Swimming January Open Meet	Ipswich	teamipswich	3
31.38	502	F	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
31.53	495	F	08/03/14	Suffolk County ASA County Championships	Ipswich	Stowmarket	2
31.58	493	F	01/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
31.70	487	F	08/03/14	Suffolk County ASA County Championships	Ipswich	Stowmarket	2
31.75	485	F	19/01/14	Teamipswich January Last Chance Meet	Ipswich	Stowmarket	3
31.95	476	F	10/03/13	Suffolk County Championships	Ipswich	Stowmarket	2
32.06	474	F	10/03/13	Suffolk County Championships	Ipswich	Stowmarket	2

32.06	471	F	10/03/13	Suffolk County Championships	Ipswich	Stowmarket	
32.38	457		10/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
32.39	457	F	01/12/12	ASA East Region Winter Championships	Cambridge	Stowmarket	2
32.54	450		24/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
32.59	448	H	01/12/12	ASA East Region Winter Championships	Cambridge	Stowmarket	2
33.05	430	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	Stowmarket	2
33.50	413	F	08/07/12	City of Norwich Mid Summer Madness	Norwich	Stowmarket	3
34.14	390	F	10/03/12	Suffolk County Championships	Newmarket	Stowmarket	2
34.52	377		12/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
34.72	371	H	10/03/12	Suffolk County Championships	Newmarket	Stowmarket	2
35.11	358	H	15/01/12	teamipswich Swimming New Year Opener	Ipswich	Stowmarket	4
35.28	353		15/10/11	Deben SC Open Meet	Woodbridge	Stowmarket	3
35.88	336		13/03/11	Suffolk County Championships	Ipswich	Stowmarket	2
36.21	327		13/03/11	Suffolk County Championships	Ipswich	Stowmarket	2
36.57	317	H	10/07/11	teamipswich Summer Sprints	Ipswich	Stowmarket	3
37.23	300		06/03/10	Suffolk County Champs	Ipswich	Stowmarket	2
37.49	294	H	11/07/10	Teamipswich Summer Sprint	Ipswich	Stowmarket	3
37.69	290		06/03/10	Suffolk County Champs	Ipswich	Stowmarket	2
38.04	282		25/04/10	Newmarket 2nd Open Meet	Newmarket	Stowmarket	3
41.68	214		21/11/09	Deben Open Meet	Deben	Stowmarket	4
42.14	207		14/11/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4
44.75	173		21/06/09	Suffolk Development Meet	Ipswich	Stowmarket	3
46.45	154		25/04/09	Newmarket & District Open	Newmarket	Stowmarket	2

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