

# Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 100 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
1:01.08	741	F	14/12/19	NASL London Round 3	Inspire, Luton	teamipswich	2
1:01.17	738	F	05/12/19	Swim England National Winter Championships (25m)	Sheffield	teamipswich	2
1:01.26	734	H	05/12/19	Swim England National Winter Championships (25m)	Sheffield	teamipswich	2
1:01.85	713	F	12/10/19	NASL London Round 1	Woodside, Watford	teamipswich	2
1:01.95	710	F	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	teamipswich	2
1:02.22	701	H	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	teamipswich	2
1:02.22	701	F	09/11/19	NASL London Round 2	Becontree	teamipswich	2
1:02.75	683	F	12/11/17	BUCS Short Course Swimming Championships	Sheffield	Loughborough	2
1:03.43	661	H	12/11/17	BUCS Short Course Swimming Championships	Sheffield	Loughborough	2
1:03.50	659	F	26/11/22	Chichester Cormorants SC Club Championships 2022	Felpham		4
1:03.60	656	F	10/12/16	NASL London	Luton	teamipswich	3
1:03.74	652	F	09/10/21	National Arena Swimming League South Round One	Southampton		3
1:03.77	651	F	13/11/21	National Arena Swimming League South - Round Two	Portsmouth		3
1:03.79	650	F	14/07/19	Teamipswich July Surprize Meet 2019	Ipswich	teamipswich	3
1:04.12	640	H	22/10/16	Manchester International 2016	Manchester	Lboro Uni	2
1:04.15	639	H	13/11/16	BUCS Short Course Swimming Championships	Sheffield	Loughborough	2
1:04.19	638	H	25/10/15	Nova Centurion October Short Course Open Meet	Nottingham	Loughborough	2
1:04.20	638	H	05/11/16	Midland Short Course Championships 2016	Nottingham	Lboro Uni	2
1:04.23	637	H	15/03/15	Suffolk County Championships	Ipswich	teamipswich	2
1:04.52	628	F	11/12/21	National Arena Swimming League South Round 3	Guildford		4
1:04.54	628	F	05/11/16	Midland Short Course Championships 2016	Nottingham	Lboro Uni	2
1:04.56	627	F	15/03/15	Suffolk County Championships	Ipswich	teamipswich	2
1:04.61	626	F	06/12/14	ASA East Region Winter Championships	Luton		2
1:04.67	624	F	13/12/14	NASL London Rounds Premier Division	Basildon	teamipswich	2
1:04.68	624	F	05/07/15	ASA East Region Inter County Meet	Borehamwood		2
1:04.79	621	F	14/10/17	NASL - London Rounds 2017 - Premier Division	Becontree	teamipswich	2
1:04.83	610	F	07/11/15	Midland 2015 Short Course Championships	Nottingham	Loughborough	2

1:04.85	619	F	07/11/15	Midland 2015 Short Course Championships	Nottingham	Loughborough	2
1:04.86	619	H	07/11/15	Midland 2015 Short Course Championships	Nottingham	Loughborough	2
1:04.87	618	F	12/12/15	National Arena League-London Premier Div-Round123	Watford	teamipswich	2
1:05.10	612	H	19/10/14	BG ASA National County Team Division 2	Sheffield		2
1:05.11	612	F	25/10/15	Nova Centurion October Short Course Open Meet	Nottingham	Loughborough	2
1:05.53	600	H	06/12/14	ASA East Region Winter Championships	Luton		2
1:05.54	600	F	10/10/15	National Arena League-London Premier Div-Round123	Hatfield	teamipswich	2
1:05.56	599	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	teamipswich	3
1:05.59	598	F	20/11/16	Teamipswich November Open 2016	Ipswich	teamipswich	3
1:05.68	596	F	08/10/16	NASL London	Harlow	teamipswich	3
1:05.92	589	F	18/01/15	Teamipswich Swimming January Open Meet	Ipswich	teamipswich	3
1:06.36	578	F	08/11/14	NASL London Premier Division	Harlow	teamipswich	2
1:06.43	576	F	11/10/14	National Arena League London Premier	Harlow	teamipswich	2
1:06.77	567	F	23/11/14	Teamipswich Club Championships	Ipswich	teamipswich	4
1:07.08	559	F	02/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
1:07.57	547	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
1:08.02	536	F	13/04/14	Teamipswich Last Chance April Open	Ipswich	Stowmarket	3
1:08.13	534	F	16/03/14	Suffolk County Championships	Ipswich	Stowmarket	2
1:08.43	527	F	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
1:08.55	524	F	16/03/14	Suffolk County Championships	Ipswich	Stowmarket	2
1:09.76	497	F	17/03/13	Suffolk County Championships	Ipswich	Stowmarket	2
1:09.80	496		23/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
1:10.11	490	H	15/12/13	Suffolk County ASA Three Counties Gala	Ipswich	Stowmarket	2
1:10.39	484	F	17/03/13	Suffolk County Championships	Ipswich	Stowmarket	2
1:10.74	477	F	18/01/14	Teamipswich January Last Chance Meet	Ipswich	Stowmarket	3
1:11.53	461		11/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
1:12.66	440	H	27/10/12	Teamipswich 14th Open Meet	Ipswich	Stowmarket	2
1:12.93	435	F	08/07/12	City of Norwich Mid Summer Madness	Norwich	Stowmarket	3
1:14.65	406		13/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
1:14.78	403	H	10/03/12	Suffolk County Championships	Newmarket	Stowmarket	2
1:14.79	403	H	14/01/12	teamipswich Swimming New Year Opener	Ipswich	Stowmarket	4
1:15.61	390	F	10/03/12	Suffolk County Championships	Newmarket	Stowmarket	2
1:16.32	380	H	11/12/11	Cambridgeshire County 3 Counties Gala	Peterborough	Stowmarket	3
1:17.11	368		15/10/11	Deben SC Open Meet	Woodbridge	Stowmarket	3
1:17.35	365		05/03/11	Suffolk County Championships	Ipswich	Stowmarket	2
1:18.26	352		15/05/11	Sudbury & District Two Day Meet	Sudbury	Stowmarket	4
1:18.70	346	H	10/07/11	teamipswich Summer Sprints	Ipswich	Stowmarket	3
1:19.35	338		05/03/11	Suffolk County Championships	Ipswich	Stowmarket	2
1:19.47	336	F	08/05/11	West Suffolk Open Meet	Bury St Edmunds	Stowmarket	2
1:19.83	332	H	30/10/10	Essa 61st National Champs	Watford	Stowmarket	2
1:20.76	320	H	11/07/10	Teamipswich Summer Sprint	Ipswich	Stowmarket	3
1:23.46	290		07/03/10	Suffolk County Champs	Ipswich	Stowmarket	2
1:23.76	287		07/03/10	Suffolk County Champs	Ipswich	Stowmarket	2
1:30.15	230		21/11/09	Deben Open Meet	Deben	Stowmarket	4
1:32.57	212		11/10/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4
1:32.57	212		11/10/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4
1:39.09	173		21/06/09	Suffolk Development Meet	Ipswich	Stowmarket	3
1:40.81	164		26/04/09	Newmarket & District Open	Newmarket	Stowmarket	2

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