

Individual Best Times (All Time)

Rob Lancaster - (560012) - Ledbury & Malvern SC - 200 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
2:13.67	726	F	18/12/16	ASA Winter Meet 2016	Sheffield	Lboro Uni	2
2:14.96	705	F	11/11/17	BUCS Short Course Swimming Championships	Sheffield	Loughborough	2
2:15.40	698	H	11/11/17	BUCS Short Course Swimming Championships	Sheffield	Loughborough	2
2:15.49	697	H	18/12/16	ASA Winter Meet 2016	Sheffield	Lboro Uni	2
2:15.87	691	F	20/12/15	ASA Winter Meet	Sheffield	Lboro Uni	2
2:16.60	680	H	12/11/16	BUCS Short Course Swimming Championships	Sheffield	Loughborough	2
2:17.00	674	H	20/12/15	ASA Winter Meet	Sheffield	Lboro Uni	2
2:17.40	668	F	12/11/16	BUCS Short Course Swimming Championships	Sheffield	Loughborough	2
2:18.87	647	H	07/11/15	Midland 2015 Short Course Championships	Nottingham	Loughborough	2
2:19.04	645	F	23/10/16	Manchester International 2016	Manchester	Lboro Uni	2
2:19.15	643	H	25/10/15	Nova Centurion October Short Course Open Meet	Nottingham	Loughborough	2
2:19.83	634	F	08/03/15	Suffolk County Championships	Ipswich	teamipswich	2
2:20.16	630	H	23/10/16	Manchester International 2016	Manchester	Lboro Uni	2
2:20.99	619	F	17/11/19	Teamipswich November Open Meet 2019	Ipswich	teamipswich	3
2:21.85	607	H	05/11/16	Midland Short Course Championships 2016	Nottingham	Lboro Uni	2
2:22.57	598	H	07/12/14	ASA East Region Winter Championships	Luton		2
2:22.92	594	F	07/11/15	Midland 2015 Short Course Championships	Nottingham	Loughborough	2
2:22.97	593	F	05/11/16	Midland Short Course Championships 2016	Nottingham	Lboro Uni	2
2:23.54	586	F	18/01/15	Teamipswich Swimming January Open Meet	Ipswich	teamipswich	3
2:23.58	586	F	07/12/14	ASA East Region Winter Championships	Luton		2
2:26.77	548	F	02/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
2:27.93	535	F	09/03/14	Suffolk County ASA County Championships	Ipswich	Stowmarket	2
2:31.33	500		16/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
2:32.32	490	F	11/03/13	Suffolk County Championships	Ipswich	Stowmarket	2
2:35.86	458		17/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
2:36.42	453	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	Stowmarket	2
2:36.46	452	F	10/01/14	Teamipswich January Open Meet	Ipswich	Stowmarket	2

2:36.49	452	F	19/01/14	teamipswich January Last Chance meet	ipswich	Stowmarket	3
2:36.82	449	F	07/07/12	City of Norwich Mid Summer Madness	Norwich	Stowmarket	3
2:38.10	439	H	02/12/12	ASA East Region Winter Championships	Cambridge	Stowmarket	2
2:38.56	435	H	17/03/12	Suffolk County Championships	Newmarket	Stowmarket	2
2:38.80	433	F	02/12/12	ASA East Region Winter Championships	Cambridge	Stowmarket	2
2:42.36	405	H	15/01/12	teamipswich Swimming New Year Opener	Ipswich	Stowmarket	4
2:44.54	389		19/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
2:46.55	375		16/10/11	Deben SC Open Meet	Woodbridge	Stowmarket	3
2:49.75	354		12/03/11	Suffolk County Championships	Ipswich	Stowmarket	2
2:51.97	341		14/05/11	Sudbury & District Two Day Meet	Sudbury	Stowmarket	4
2:55.59	320	F	07/05/11	West Suffolk Open Meet	Bury St Edmunds	Stowmarket	2
3:02.26	286		14/03/10	Suffolk County Champs	Ipswich	Stowmarket	2
3:13.86	238		22/11/09	Deben Open Meet	Deben	Stowmarket	4
3:26.68	196		10/10/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4
3:26.68	196		10/10/09	Stowmarket Club Champs	Mid Suffolk Leisure	Stowmarket	4
3:37.09	169		21/06/09	Suffolk Development Meet	Ipswich	Stowmarket	3

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