

# Individual Best Times (All Time)

Lani Anthoney - (713823) - Carn Brea and Helston SC - 50 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
29.43	472	H	03/02/18	Cornwall County ASA Championships	Penzance	Carn Brea	2
29.71	459	F	06/11/16	North Cornwall Dragons Open Meet	Bodmin	Carn Brea	3
29.81	455	F	17/12/17	Plymouth Leander L3 Christmas Meet	Plymouth	Carn Brea	3
29.84	453	F	22/10/17	Carn Brea & Helston Sprint Championships 2017	Penzance	Carn Brea	4
29.88	451	F	21/02/17	Cornwall County Championships	Penzance	Carn Brea	2
29.90	451	F	08/10/17	Carn Brea & Helston L2 Open Meet 2017	Bodmin		2
30.05	444	F	12/06/18	Carn Brea & Helston Club Championships	Carn Brea	Carn Brea	4
30.09	442	F	11/03/17	Carn Brea & Helston 1st Open Sprint Meet	Penzance	Carn Brea	3
30.09	442	F	10/03/18	Carn Brea & Helston 2nd Open Sprint Meet	Penzance	Carn Brea	3
30.12	441	F	21/06/17	Carn Brea & Helston Combined Club & Distance Champ	Carn Brea	Carn Brea	4
30.15	439	H	21/02/17	Cornwall County Championships	Penzance	Carn Brea	2
30.27	434	F	08/05/16	Newquay Cormorants Open Meet	Bodmin	Carn Brea	3
30.30	433	F	02/10/16	Carn Brea & Helston L2 Open Meet 2016	Bodmin	Carn Brea	2
30.53	423	H	10/02/16	Cornwall County Championships	Penzance	Carn Brea	2
30.56	422	F	14/06/16	Carn Brea & Helston Club Championships	Carn Brea	Carn Brea	4
30.67	417	H	08/05/16	Newquay Cormorants Open Meet	Bodmin	Carn Brea	3
30.93	407	F	10/02/16	Cornwall County Championships	Penzance	Carn Brea	2
31.58	382	F	20/03/16	Carn Brea & Helston SC Sprint Championships 2016	Carn Brea	Carn Brea	4
32.06	365	F	04/03/15	Cornwall County Championships	Penzance	Carn Brea	2
32.56	349	F	22/03/15	Carn Brea & Helston Sprint Championships	Carn Brea	Carn Brea	4
33.25	327	F	08/06/15	Carn Brea & Helston Club Championships 2015	Carn Brea	Carn Brea	4
33.77	313	H	10/05/15	Newquay Cormorants Open Meet	Bodmin	Carn Brea	3
37.89	221	F	23/06/14	Carn Brea & Helston SC Club Championships	Carn Brea	Carn Brea	4
38.77	206	F	08/03/14	CCASA Championships & Age Groups	Penzance	Carn Brea	2
38.81	206	F	26/01/14	Carn Brea & Helston Winter Invitational Meet	Bodmin	Carn Brea	3
43.19	149	F	11/06/13	Carn Brea & Helston Club Championships 2013	Carn Brea	Carn Brea	4
46.00	116	F	05/02/10	Carn Brea & Helston Club Sports	Carn Brea	Carn Brea	4

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30.09	442	F	10/03/18	Carn Brea & Helston 2nd Open Sprint Meet	Penzance	Carn Brea	3
29.43	472	H	03/02/18	Cornwall County ASA Championships	Penzance	Carn Brea	2
29.81	455	F	17/12/17	Plymouth Leander L3 Christmas Meet	Plymouth	Carn Brea	3
29.84	453	F	22/10/17	Carn Brea & Helston Sprint Championships 2017	Penzance	Carn Brea	4
29.90	451	F	08/10/17	Carn Brea & Helston L2 Open Meet 2017	Bodmin		2
30.12	441	F	21/06/17	Carn Brea & Helston Combined Club & Distance Champ	Carn Brea	Carn Brea	4
30.09	442	F	11/03/17	Carn Brea & Helston 1st Open Sprint Meet	Penzance	Carn Brea	3
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37.89	221	F	23/06/14	Carn Brea & Helston SC Club Championships	Carn Brea	Carn Brea	4
38.77	206	F	08/03/14	CCASA Championships & Age Groups	Penzance	Carn Brea	2
38.81	206	F	26/01/14	Carn Brea & Helston Winter Invitational Meet	Bodmin	Carn Brea	3
43.19	149	F	11/06/13	Carn Brea & Helston Club Championships 2013	Carn Brea	Carn Brea	4
46.90	116	F	25/03/13	Carn Brea & Helston Club Sprints	Carn Brea	Carn Brea	4