

Individual Best Times (All Time)

Isobel Lancaster - (805739) - West Suffolk Swimming Club - 50 Backstroke - 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
42.14	215		22/11/14	Stowmarket Club Champs	Stowmarket	Stowmarket	4
42.85	204	F	09/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	Stowmarket	3
42.92	203	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	Stowmarket	3
43.22	199	F	18/07/21	Stowmarket Swimming Club	Mid Suffolk		0
43.48	195		23/06/13	Suffolk County Development Championships	Newmarket	Stowmarket	3
43.60	194		01/12/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
46.43	160		17/12/11	Stowmarket No Frills Open Meet	Stowmarket	Stowmarket	4
46.55	159		11/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
46.63	158	F	08/07/12	City of Norwich Mid Summer Madness	Norwich	Stowmarket	3
46.72	157		15/10/11	Deben SC Open Meet	Woodbridge	Stowmarket	3
46.84	156	H	14/01/12	teamipswich Swimming New Year Opener	Ipswich	Stowmarket	4
48.68	139		13/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
49.97	129	H	10/07/11	teamipswich Summer Sprints	Ipswich	Stowmarket	3
51.24	119		26/06/11	Suffolk County ASA Development Competition	Newmarket	Stowmarket	3
53.56	104		14/05/11	Sudbury & District Two Day Meet	Sudbury	Stowmarket	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
43.22	199	F	18/07/21	Stowmarket Swimming Club	Mid Suffolk		0
42.92	203	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	Stowmarket	3
42.85	204	F	09/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	Stowmarket	3
42.14	215		22/11/14	Stowmarket Club Champs	Stowmarket	Stowmarket	4
43.60	194		01/12/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
43.48	195		23/06/13	Suffolk County Development Championships	Newmarket	Stowmarket	3
46.55	159		11/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
46.63	158	F	08/07/12	City of Norwich Mid Summer Madness	Norwich	Stowmarket	3

46.84	156	H	14/01/12	teamipswich Swimming New Year Opener	Ipswich	Stowmarket	4
46.43	160		17/12/11	Stowmarket No Frills Open Meet	Stowmarket	Stowmarket	4
48.68	139		13/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4
46.72	157		15/10/11	Deben SC Open Meet	Woodbridge	Stowmarket	3
49.97	129	H	10/07/11	teamipswich Summer Sprints	Ipswich	Stowmarket	3
51.24	119		26/06/11	Suffolk County ASA Development Competition	Newmarket	Stowmarket	3
53.56	104		14/05/11	Sudbury & District Two Day Meet	Sudbury	Stowmarket	4