

# Individual Best Times (All Time)

Laurence Metcalfe - (842110) - Keynsham SC - 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
29.23	432	F	19/12/15	City of Bristol Level 2 Open Meet	Hengrove Park	Co Bristol	2
29.46	422	F	21/11/15	Aquae Sulis Grand Prix	Bristol	Co Bristol	2
29.52	420	F	11/02/17	Somerset County Championships 2017	Millfield	Keynsham	2
29.78	409	H	11/02/17	Somerset County Championships 2017	Millfield	Keynsham	2
29.83	407	F	30/01/16	Somerset ASA County Championships	Millfield	Keynsham	2
29.91	403	F	24/11/16	Bristol Schools SA Secondary Finals	Bristol	Keynsham	4
30.03	399	H	02/07/17	ASA SWR Fast 5 Competition	Gloucester	Keynsham	3
30.14	394	H	03/07/16	ASA SWR Fast 5 Competitin	Gloucester	Co Bristol	3
30.17	393	F	17/10/15	GCSC Level 2 October Meet	Gloucester	Co Bristol	2
30.21	392	H	30/01/16	Somerset ASA County Championships	Millfield	Keynsham	2
30.30	388	H	08/11/15	ASA South West Short Course Championships	Millfield		2
30.40	384	F	21/03/15	Somerset ASA Championships	Millfield	Keynsham	2
30.48	381	F	23/11/17	Bristol Schools' Swimming Secondary School' Final	Bristol	Keynsham	4
30.74	372	H	21/03/15	Somerset ASA Championships	Millfield	Keynsham	2
31.27	353	H	06/07/14	BG ASA South West Fast 5 Competition	Gloucester		3
31.63	341	F	22/03/14	Somerset County Championships	Millfield	Keynsham	2
31.63	341	H	20/04/14	Weston 12th Easter Open Meet	Weston	Keynsham	3
31.81	335	F	29/11/14	Keynsham Club Championships	Keynsham	Keynsham	4
31.97	330	F	27/09/15	Aquae Sulis & City of Bristol 2nd Early Season Mt	Bristol	Keynsham	3
33.00	300	H	07/07/13	ASA South West Region Events Age Groups	Gloucester	Keynsham	3
34.43	264	H	27/04/13	Tigersharks Spring Open Meet 2013	Swindon	Keynsham	3
35.01	251	F	09/03/13	Somerset County Championships	Millfield	Keynsham	2
35.43	243		06/04/13	Swim Bournemouth 3rd Annual Open Meet	Littledown	Keynsham	2
35.45	242	F	07/10/12	Somerset ASA Annual Developement Meet	Millfield	Keynsham	3
38.70	186	F	10/03/12	Somerset County Championships	Millfield	Keynsham	2
39.26	178	H	07/01/12	Tigersharks Winter Open Meet	Swindon	Keynsham	3
41.03	154	H	20/11/14	Keynsham Club Championships	Keynsham	Keynsham	4

41.22	104	F	29/11/14	Keynsham Club Championships	Keynsham	Keynsham	4
44.98	118	F	11/12/11	City of Newport Cracker Meet	Newport	Keynsham	4
46.27	109	H	24/04/11	Weston super Mare 9th Easter Open Meet	Weston super Mare	Keynsham	3
46.72	105		02/10/11	Somerset ASA Annual Development Meet	Millfield School	Keynsham	4

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