

# Individual Best Times (All Time)

Joel Sinclair - (860576) - Carlisle Aquatics - 200 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
2:22.14	410	H	29/01/17	Cumbria Age Groups & County Championships	Workington	Carlisle Aq	2
2:24.29	392	H	06/02/16	2016 Cumbria Age Groups & County Championships	Whitehaven	Carlisle Aq	2
2:28.70	358	H	11/07/15	Newcastle Swim Team Summer Gala	Tynemouth		3
2:30.66	344	H	22/11/14	Liverpool & Dist Inter Association Gala	Huyton		2
2:30.71	344	H	27/09/15	Carlisle Aquatics Club Championships	Carlisle		4
2:31.50	338	H	11/01/15	Carlisle Aquatics Club Championships	Carlisle		4
2:34.71	318	F	26/04/14	2014 Dumfries ASC Graded Meet	Dumfries	Carlisle Aq	2
2:38.93	293	H	05/07/14	Newcastle Swim Team 1st Summer Gala	Newcastle		3
2:40.75	283	H	13/09/14	Workington ASC 5th Presidents Open Gala	Cumbria		3
2:41.17	281	H	16/03/14	Cumbria County Championships	Whitehaven	Carlisle Aq	2
2:43.91	267	H	01/12/13	Cumbria S & WPA Interassociation	Blackpool	Carlisle Aq	2
2:48.26	247	H	17/11/13	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
2:49.42	242	H	21/09/13	2013 Cumbria ASA Inter- Association Qualifier	Carlisle	Carlisle Aq	3
2:57.28	211	H	19/05/13	Wear Valley May Level 3 Meet	Bishop Auckland	Carlisle Aq	3
2:57.30	211	H	07/09/13	Workington 4th Presidents Open Meet	Workington	Carlisle Aq	3
3:02.47	193	H	17/03/13	Cumbria County Championships	Whitehaven	Carlisle Aq	2
3:03.79	189	H	23/02/13	Derwentside ASC Development Meet	Stanley	Carlisle Aq	3
3:05.42	184	H	06/07/13	Newburn ASC 7th Annual Summer Gala	Tynemouth	Carlisle Aq	3
3:16.58	155	H	14/07/12	Newburn ASC 6th Summer Meet	Stanley	Carlisle Aq	3
3:20.46	146	H	20/05/12	Wear Valley ASC May L3 Meet	Bishop Auckland	Carlisle Aq	3
3:26.85	133	H	26/11/11	Cumbria Autumn Graded Series	Kendal	Carlisle Aq	3
3:56.02	89	F	14/05/11	Tynemouth Spring Gala	Tynemouth	Carlisle Aq	3

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