Individual Best Times (All Time)

Amy Woods - (861200) - Lincoln Vulcans SC - 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 |
|---------|--------|-------|----------|--|----------|-----------------|-------|
| 2:38.02 | 426 | Н | 14/07/18 | Lincoln Vulcans Club Championships | Grantham | Lincoln Vulc | 3 |
| 2:40.64 | 405 | Н | 03/02/18 | Lincolnshire County Championships 2018 | Louth | Lincoln Vulc | 2 |
| 2:45.76 | 369 | Н | 25/11/17 | Louth Meridan Meet | Louth | Lincoln Vulc | 3 |
| 2:47.25 | 359 | Н | 11/06/17 | Lincoln Vulcans Short Course Level 3 Open Meet | Grantham | Lincoln Vulc | 3 |
| 2:58.47 | 295 | Н | 06/03/16 | Worksop Dolphins The 8th Spring Open Meet | Worksop | Lincoln Vulc | 3 |
| 3:09.56 | 247 | Н | 28/06/15 | Lincoln Vulcans Grantham L3 Open Meet | Grantham | Lincoln Vulc | 3 |
| 3:10.60 | 243 | Н | 11/07/15 | Lincoln Vulcans Annual Club Championships | Grantham | Lincoln Vulc | 4 |
| 3:11.93 | 237 | Н | 08/03/15 | Lincolnshire County ASA Swimming Championships | Louth | Lincoln Vulc | 2 |
| 3:15.97 | 223 | Н | 22/11/14 | Lincoln Vulcans Club Championships | Grantham | Lincoln Vulc | 4 |
| 3:25.83 | 192 | Н | 04/10/14 | Rob Welbourn Open Meet | Deeping | Lincoln Vulc | 3 |
| 3:31.60 | 177 | Н | 12/07/14 | Lincoln Vulcans Short Course Level 3 Open Meet | Grantham | Lincoln Vulc | 3 |
| 3:38.70 | 160 | Н | 09/03/14 | Lincolnshire 63rd Annual County Champs | Louth | Lincoln Vulc | 2 |
| 3:38.70 | 160 | Н | 09/03/14 | 63rd Annual Lincolnshire County Champs | Louth | Lincoln Vulc | 2 |
| 3:40.02 | 157 | Н | 04/01/14 | Boston 9th Open Meet | Grantham | Lincoln Vulc | 3 |
| 3:48.65 | 140 | Н | 23/11/13 | Lincoln Vulcans Club Championships | Lincoln | Lincoln Vulc | 4 |

Swims in Date Order

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| 3:11.93 yright 2024 | 237 4 | Н | 08/03/15 | Lincolnshire County ASA Swimming Championships | Louth | Lincoln Vulc Powered By SPORT | 2 TSYSTE |

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