

Individual Best Times (All Time)

Thea Cowie - (891388) - North Tyneside SC - 100 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
1:12.31	437	H	14/10/18	Durham City Medley Challenge 2018	Durham	North Tyne	3
1:12.56	432	H	07/10/18	Carlisle Aquatics October Swimfest	Carlisle	North Tyne	3
1:13.22	421	H	15/10/17	Durham City Medley Challenge 2017	Durham	North Tyne	3
1:13.79	411	H	16/10/16	DCASC Medley Challenge	Durham	North Tyne	3
1:16.62	367	H	17/04/16	Tynedale Invitational Gala 2016	Hexham	North Tyne	3
1:18.82	337	H	20/03/16	North Tyneside Mad March Hare Extravaganza	Stanley	North Tyne	3
1:20.92	312	H	06/12/15	Blyth Lifeguard Xmas Cracker 2015	Blyth		3
1:21.44	306	H	11/10/15	Durham City Medley Challenge	Durham		3
1:27.62	245	H	07/12/14	Blyth Xmas Cracker Meet	Blyth		3
1:28.04	242	H	29/03/15	North Tyneside Mad March Hare Extravaganza	Stanley		3
1:29.77	228	H	15/02/15	Gateshead & Whickham February Invitation Meet	Gateshead		3
1:32.08	211	H	30/03/14	North Tyneside Mad March Hare Extravaganza	Stanley	North Tyne	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:12.31	437	H	14/10/18	Durham City Medley Challenge 2018	Durham	North Tyne	3
1:12.56	432	H	07/10/18	Carlisle Aquatics October Swimfest	Carlisle	North Tyne	3
1:13.22	421	H	15/10/17	Durham City Medley Challenge 2017	Durham	North Tyne	3
1:13.79	411	H	16/10/16	DCASC Medley Challenge	Durham	North Tyne	3
1:16.62	367	H	17/04/16	Tynedale Invitational Gala 2016	Hexham	North Tyne	3
1:18.82	337	H	20/03/16	North Tyneside Mad March Hare Extravaganza	Stanley	North Tyne	3
1:20.92	312	H	06/12/15	Blyth Lifeguard Xmas Cracker 2015	Blyth		3
1:21.44	306	H	11/10/15	Durham City Medley Challenge	Durham		3
1:28.04	242	H	29/03/15	North Tyneside Mad March Hare Extravaganza	Stanley		3
1:29.77	228	H	15/02/15	Gateshead & Whickham February Invitation Meet	Gateshead		3
1:27.62	245	H	07/12/14	Blyth Xmas Cracker Meet	Blyth		3

1:32.08

211

H

30/03/14

North Tyneside Mad March Hare Extravaganza

Stanley

North Tyne

3