

Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 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
1:10.72	467	H	22/09/18	Workington ASC 9th Presidents Open Meet	Workington	Cockermouth	3
1:13.04	424	H	16/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	Cockermouth	3
1:15.08	390	H	12/01/19	2019 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
1:15.31	387	H	24/09/16	Workington 7th Presidents Open Meet	Workington	Workington	3
1:16.89	363	H	24/11/19	Allerdale Club Championships 2019	Workington	Cockermouth	3
1:17.30	358	H	25/11/17	Allerdale Gala 2017	Workington	Workington	3
1:23.05	288	H	08/03/14	Cumbrian Age Groups and County Champs	Kendal	Workington	2
1:23.13	287	H	30/11/14	Workington Club Champs	Workington		4
1:24.04	278	F	29/09/15	Cockermouth SC Club Championships	Cockermouth	Cockermouth	4
1:24.70	272	F	08/03/14	Cumbrian Age Groups and County Champs	Kendal	Workington	2
1:25.68	262	F	15/11/14	Wigan BEST Future Stars Open Meet	Wigan	Workington	2
1:26.66	254	H	07/03/15	2015 Cumbria Age Groups & County Championships	Kendal		2
1:27.80	244	F	27/09/14	Ulverston ASC Grade Age Group Meet	Kendal	Workington	3
1:28.39	239	H	25/01/15	2015 Cumbria Winter Meet	Workington		3
1:28.48	238	H	08/02/14	Middlesbrough ASC AA Grade 2014	Middlesbrough	Workington	3
1:29.06	234	H	12/01/14	Workington ASC Annual Club Championships	Workington	Workington	4

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