

Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 200 Individual Medley - 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
2:26.55	574	F	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
2:28.55	552	H	16/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Cockermouth	2
2:28.58	551	H	08/02/20	2020 Cumbria County Championships and Age Groups	Workington	Cockermouth	2
2:28.75	549	H	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	Cockermouth	2
2:29.51	541	H	19/11/17	Stockport Metro November Meet 2017	Stockport	Cockermouth	2
2:30.29	533	H	23/09/18	Workington ASC 9th Presidents Open Meet	Workington	Cockermouth	3
2:30.53	530	H	13/05/21	City of Manchester	MAC	Co Manch Aq	0
2:30.59	529	H	15/12/18	Workington & Cockermouth Allerdale Club Champs	Workington	Cockermouth	3
2:30.65	529	H	21/09/19	Workington ASC 10th Presidents Open Meet	Cumbria	Cockermouth	3
2:31.34	522	H	03/11/18	Swim England NWR Winter Championships	Manchester	Cockermouth	2
2:31.42	521	H	17/06/21	City of Manchester	Manchester	Co Manch Aq	0
2:32.73	507	H	25/11/17	Allerdale Gala 2017	Workington	Workington	3
2:32.83	506	H	23/11/19	Allerdale Club Championships 2019	Workington	Cockermouth	3
2:32.88	506	F	19/01/19	2019 Cumbria County Championships and Age Groups	Kendal	Cockermouth	2
2:33.03	504	H	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
2:33.70	498	F	02/11/19	Swim England North West Winter Championships 2019	Manchester	Cockermouth	2
2:34.17	493	H	19/01/19	2019 Cumbria County Championships and Age Groups	Kendal	Cockermouth	2
2:35.84	478	H	23/09/17	8th Presidents Open Meet	Workington	Workington	3
2:36.64	470	F	14/01/17	Cumbria Age Group & County Championships	Workington	Workington	4
2:37.41	463	H	16/10/16	The Allerdale Gala 2016	Workington	Workington	3
2:37.45	463	H	14/01/17	Cumbria Age Group & County Championships	Workington	Workington	4
2:38.04	458	H	24/09/16	Workington 7th Presidents Open Meet	Workington	Workington	3
2:41.83	426	H	07/02/16	2016 Cumbria Age Groups & County Championships	Whitehaven	Workington	2
2:45.06	402	H	06/12/15	2015 Cumbria Autumn Meet	Whitehaven		3
2:47.38	385	F	27/09/15	Cockermouth Club Championships	Cockermouth	Cockermouth	4
2:47.74	383	H	12/09/15	Workington ASC 6th Presidents Open Meet	Workigton		3
2:51.48	358	H	25/01/15	2015 Cumbria Winter Meet	Workington		2

2:31.46	330	H	23/01/15	2015 Cumbria Winter Meet	Workington		
2:52.02	355	H	14/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven		2
3:00.80	306	H	05/12/14	Workington Club Champs	Workington		4
3:12.84	252	H	17/01/14	Workington ASC Annual Club Championships	Workington	Workington	4

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