

Individual Best Times (All Time)

Becky Alder - (945675) - Alton & District Swimming Club - 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
1:07.08	547	F	19/11/17	Guildford City L2 Winter Meet	Guildford	Alton & Dist	2
1:07.73	532	H	16/10/16	Rushmoor Royals Autumn Open Meet 2016	Aldershot	Alton & Dist	2
1:07.76	531	F	02/06/18	Alton & District Club Championship	Alton	Alton & Dist	4
1:08.14	522	F	09/12/17	NASLS - Round Three	Aldershot	Alton & Dist	3
1:08.18	521	H	23/09/18	Hampshire County Open & Junior Champs 2018	Southampton	Alton & Dist	2
1:08.53	513	F	25/06/16	Alton District Club Championships	Alton	Alton & Dist	4
1:08.56	513	F	13/10/18	NASL South Round One 2018	Wycombe	Alton & Dist	3
1:08.87	506	H	06/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Alton & Dist	2
1:08.91	505	F	08/10/16	NASL South	Bracknell	Alton & Dist	3
1:08.91	505	F	11/12/16	CO Southampton 7th Christmas Open Meet	Southampton	Alton & Dist	3
1:08.92	505	H	26/06/16	Hampshire & IOW SSA Annual Swimming Gala 2016	Portsmouth		2
1:08.94	504	F	08/12/18	National Arena Swimming League South R3 2018	Southampton		3
1:09.07	501	F	14/10/17	NASLS - South Round One	Aldershot	Altrincham	3
1:09.12	500	F	11/11/17	NASLS - ROUND TWO	GUILDFORD	Alton & Dist	3
1:09.26	497	F	23/07/17	Fareham Nomads Summer Meet 2017	Waterlooville	Alton & Dist	3
1:09.28	497	F	11/02/18	Fareham Nomads Valentines Meet 2018	Waterlooville	Alton & Dist	3
1:09.69	488	F	10/12/16	NASLS - Round 3	Guildford	Alton & Dist	3
1:09.81	486	F	10/12/16	NASLS - Round 3	Guildford	Alton & Dist	3
1:09.86	485	F	23/06/19	Alton & District Club Championships	Alton	Alton & Dist	4
1:09.89	484	F	08/10/16	NASL South	Bracknell	Alton & Dist	3
1:09.90	484	F	10/11/18	National Arena Swimming League South Round 2	Southampton	Alton & Dist	3
1:09.97	482	F	24/06/17	Alton District Club Championships	Alton	Alton & Dist	4
1:11.52	452	F	03/10/15	Alton & District Autumn Club Championships	Alton	Alton & Dist	4
1:12.39	435	H	14/06/15	Swim Out of Your Skin Open Meet	Waterlooville	Alton & Dist	3
1:12.68	430		28/03/15	Swim Bournemouth 5th Annual Open Meet	Bournemouth	Alton & Dist	2
1:14.00	408	F	07/03/15	Hampshire County ASA Championships	Waterlooville	Alton & Dist	1
1:14.05	407	H	07/03/15	Hampshire County ASA Championships	Waterlooville	Alton & Dist	1

1:14.03	407	F	07/03/13	Hampshire County ASA Championships	Waterlooville	Alton & Dist	1
1:14.17	405	F	13/12/14	NASL 2014 Round 3	Guildford	Alton & Dist	3
1:14.64	397	F	11/10/14	National Swimming Arena South 2014 R1	Guildford	Alton & Dist	3
1:15.01	391	F	18/10/14	Alton & District Autumn Winter Champs	Alton	Alton & Dist	4
1:15.16	389	F	08/11/14	NASL2014 Round 2	Crawley	Alton & Dist	4
1:15.59	382	F	11/10/14	National Swimming Arena South 2014 R1	Guildford	Alton & Dist	3
1:15.75	380	H	29/06/14	Fareham Nomads Summer Open Meet	Waterlooville	Alton & Dist	3
1:15.85	378	H	22/06/14	Havant & Waterlooville Midsummer Open 2014	Waterlooville	Alton & Dist	3
1:16.57	368		09/03/14	Hampshire County Championships	Waterlooville	Alton & Dist	2
1:19.67	327		19/10/13	Alton & District Autumn Winter Club Champs	Alton	Alton & Dist	4
1:20.32	319	H	30/06/13	Fareham Nomads Open Meet	Waterlooville	Alton & Dist	3
1:22.71	292		10/03/13	Hampshire County Championships	Southampton	Alton & Dist	2
1:23.05	288		10/02/13	City of Southampton Open Meet	Southampton	Alton & Dist	2
1:25.16	267		12/01/13	Alton & District SC Club Championships	Alton	Alton & Dist	4
1:26.21	258		17/11/12	Alton & District Club Championships	Alton	Alton & Dist	4

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