

Individual Best Times (All Time)

Isabel Harry - (953523) - Teddington 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
1:08.77	508	F	14/10/17	NASLS - Round One	Guildford	Staines	3
1:09.04	502	H	03/12/16	Swim Wales Short Course Championships	Swansea		2
1:09.07	501	F	11/11/17	NASLS - ROUND TWO	WOKING	Staines	3
1:09.12	500	F	10/11/18	National Arena Swimming League South Round 2	Wycombe	Staines	3
1:09.26	497	F	10/07/16	Black Swan Summer Open Meet	Walton on Thames	Staines	3
1:09.43	494	F	25/03/18	Black Swan Regional Qualifier Meet 2018	Elmbridge	Staines	3
1:09.55	491	F	10/12/16	NASLS - Round 3	Waterlooville	Staines	3
1:09.58	490	F	10/11/18	National Arena Swimming League South Round 2	Wycombe	Staines	3
1:09.92	483	F	08/10/16	NASL South	Guildford	Staines	3
1:10.28	476	F	09/12/17	NASLS - Round Three	Guildford	Staines	3
1:10.99	462	H	06/10/18	RR Winter National & Regional Qualifier L2 Meet	Aldershot	Staines	2
1:11.04	461	F	08/12/18	National Arena Swimming League South R3 2018	Guildford Spectrum	Staines	3
1:11.11	459	F	13/10/18	NASL South Round One 2018	Epsom	Staines	3
1:11.38	454	F	12/11/16	NASLS Round 2	Beckenham	Staines	3
1:11.99	443	H	24/01/16	MCASA County Championships 2016	Barnet	Staines	2
1:11.99	443	F	13/10/18	NASL South Round One 2018	Epsom	Staines	3
1:12.34	436	F	08/12/18	National Arena Swimming League South R3 2018	Guildford Spectrum	Staines	3
1:12.41	435	F	24/01/16	MCASA County Championships 2016	Barnet	Staines	2
1:12.82	428	F	08/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	Staines	2
1:13.34	419	F	16/06/18	Staines Club Championships 2018	Spelthorne LC	Staines	4
1:13.36	418	H	19/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	Staines	2
1:14.75	395	F	25/04/15	CO Milton Keynes Annual Spring Open Meet	Milton Keynes	Staines	3
1:14.90	393	F	25/02/18	Staines SC Black Swan B-C Grade Meet 2018	Walton on Thames	Staines	3
1:15.60	382	F	22/11/15	Black Swan Winter Open Meet 2015	Walton-on-Thames	Staines	3
1:15.70	381	F	08/03/15	BHSC John Basford Memorial Trophy	Barnet	Staines	3
1:16.35	371	F	19/09/16	Staines Club Championships 2016	Knowle Green	Staines	4
1:16.85	364	H	16/10/16	Bushmead Bayle Autumn Open Meet 2016	Aldershot	Staines	2

1:16.03	304	F	10/10/10	Rushmoor Royals Autumn Open Meet 2010	Aldershot	Staines	
1:17.14	360	H	18/01/15	Middlesex County Championships 2015	Hendon	Staines	2
1:19.56	328	F	18/01/15	Middlesex County Championships 2015	Hendon	Staines	2
1:20.40	318	F	23/11/14	Staines Club Championships	Staines		4
1:24.40	275	F	19/10/14	Staines SC Black Swan Winter Meet	Elmbridge		3
1:29.65	229	F	12/07/14	Staines SC Black Swan Summer Meet	Staines		3
1:36.11	186	F	20/10/13	Staines SC Black Swan Winter Meet 2013	Elmbridge	Staines	3
1:36.31	185	F	24/09/13	Staines Club Championships	Elmbridge	Staines	4

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