

Individual Best Times (All Time)

Aidan Lancaster - (973773) - Adwick (Doncaster) SC - 50 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
32.19	324	H	13/11/16	Adwick ASC Home Championships	Adwick	Adwick	4
32.31	320	H	06/11/16	ASA North East Region Senior Junior Champs	Sunderland	Donc Dartes	2
32.59	312	H	03/07/16	KUH End of Season Short Course Meet	Kingston upon Hull	Donc Dartes	3
32.68	309	H	21/10/18	Yorkshire Winter Competition	Sheffield	Adwick	2
32.73	308	H	20/10/19	Yorkshire Swimming Association Winter Competition	Sheffield	Adwick	2
32.75	307	H	15/10/16	Yorkshire SA Winter Competition	Leeds	Donc Dartes	2
32.76	307	H	27/01/19	Alec James BML Individual Championships 2018	Adwick	Adwick	3
33.13	297	H	03/04/16	Kingston upon Hull Easter Short Course Meet	Hull	Donc Dartes	3
33.16	296	H	22/10/17	Yorkshire SA Winter Competition	Sheffield	Donc Dartes	2
33.78	280		16/09/17	York City Baths Autumn Swim Extravaganza 2017	Leeds	Donc Dartes	3
34.15	271	H	15/11/15	Adwick Home Championships	Adwick	Adwick	4
36.48	222	H	05/07/15	Kingston upon Hull End of Season Meet	Hull		3
36.77	217	H	16/11/14	Adwick Home Championships	Adwick	Adwick	4
39.20	179		20/04/14	Doncaster Dartes Minster Meet 2014	Beverley	Adwick	3
39.39	176		18/05/14	Doncaster Dartes SC B Grade Meet 2014	Adwick	Adwick	3
41.46	151	H	16/11/13	Adwick ASC Home Championships 2013	Adwick	Adwick	4
42.70	138		19/05/13	Doncaster Dartes SC B Grade Meet 2013	Adwick	Adwick	3
48.65	93		07/10/12	Doncaster Dartes Individual Championships	Doncaster	Adwick	4
53.32	71	H	17/11/12	Adwick Home Championships	Adwick	Adwick	4

Swims in Date Order

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