

# Individual Best Times (All Time)

Lara Sinclair-Banks - (976894) - Market Harborough 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
31.58	511	F	02/02/20	2020 LASA County Age Group & Championships	Hinckley	Market Har	2
31.74	503	H	02/02/20	2020 LASA County Age Group & Championships	Hinckley	Market Har	2
31.82	499	F	09/02/19	Leicestershire County Age Groups & Championships	Braunstone	Market Har	2
31.92	494	H	09/02/19	Leicestershire County Age Groups & Championships	Braunstone	Market Har	2
32.06	488	H	26/10/19	Market Harborough Annual Club Championships	Market Harborough	Market Har	4
32.32	476	H	03/11/19	Midlands Winter Short Course Championships 2019	Nottingham	Market Har	2
32.57	465	H	19/11/16	The Leicester Open	Braunstone	Corby	2
32.61	464	H	01/10/17	Cambridge Grand Prix	Cambridge	Northampton	2
32.63	463	H	27/10/18	Market Harborough Annual Club Championships	Market Harborough	Market Har	4
32.72	459	H	17/11/17	The 2017 Leicester Open Meet	Braunstone	Northampton	2
32.78	457	H	17/09/16	NASA 2016 Short Course Competition	Rugby	Corby	3
33.01	447	H	20/11/21	BUCS Short Course Swimming	Sheffield	Newcastle	2
33.38	432	F	06/02/16	The Leicestershire County Age Groups & Champs	Braunstone	Leic Peng	2
33.92	412	H	22/03/15	Leicestershire County Age Groups & Championships	Leicester		2
34.08	406	H	03/10/15	Leicester Penguins 2015 Open Meet	Braunstone		3
34.09	406	H	06/02/16	The Leicestershire County Age Groups & Champs	Braunstone	Leic Peng	2
34.17	403	H	19/11/22	BUCS Short Course 2022-23	Sheffield	Market Har	2
35.10	372	H	04/10/14	Leicester Penguins Open Meet	Braunstone		3
35.87	348	H	12/09/15	Leicester Penguins Club Championships	Nuneaton		4
36.19	339	H	10/01/15	Leicester Penguins Club Championships	Nuneaton		4
39.93	252	H	18/01/14	Leicester Penguins Club Championships	Braunstone	Leic Peng	4
41.04	232	H	05/10/13	Leicester Penguins Open Meet 2013	Braunstone	Leic Peng	3
41.56	224		07/04/13	Nuneaton & Bedworth SC Spring Qualifying	Nuneaton	Leic Peng	2
43.93	189		19/01/13	Leicester Penguins Club Championships	Braunstone	Leic Peng	4

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