

Individual Best Times (All Time)

Lara Sinclair-Banks - (976894) - Market Harborough 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
1:07.62	534	F	18/01/20	2020 LASA County Age Group & Championships	Braunstone	Market Har	2
1:08.69	510	H	18/01/20	2020 LASA County Age Group & Championships	Braunstone	Market Har	2
1:09.32	496	F	19/01/19	Leicestershire County Age Groups & Championships	Braunstone	Market Har	2
1:09.87	484	H	21/11/16	The Leicester Open	Braunstone	Corby	2
1:10.30	476	H	19/11/17	The 2017 Leicester Open Meet	Braunstone	Northampton	2
1:11.11	459	H	19/01/19	Leicestershire County Age Groups & Championships	Braunstone	Market Har	2
1:11.50	452	H	30/09/17	Cambridge Grand Prix	Cambridge	Northampton	2
1:11.68	449	H	18/10/15	ASA National County Teams Division 1	Sheffield		2
1:12.58	432	F	24/01/16	The Leicestershire County Age Groups & Champs	Braunstone	Leic Peng	2
1:12.67	430	H	03/11/18	Market Harborough Annual Club Championships	Market Harborough	Market Har	4
1:13.38	418	H	15/11/15	Leicester Penguins Club Championships	Nuneaton		4
1:13.75	412	H	24/01/16	The Leicestershire County Age Groups & Champs	Braunstone	Leic Peng	2
1:14.23	404	H	27/09/14	Leicester Penguins Club Championships	Braunstone		4
1:14.67	397	H	21/03/15	Leicestershire County Age Groups & Championships	Leicester		2
1:15.22	388	H	30/11/14	Nuneaton & Bedworth Open Meet	Nuneaton		2
1:17.92	349		27/04/14	Rugby Open Meet 2014	Rugby	Leic Peng	3
1:18.70	339	H	29/03/14	Nuneaton & Bedworth Spring "Qualifying" Open	Nuneaton	Leic Peng	2
1:21.68	303	H	18/01/14	Leicester Penguins Club Championships	Braunstone	Leic Peng	4
1:24.27	276	H	26/01/14	Long Eaton Open Meet	Derby	Leic Peng	3
1:25.30	266	H	01/12/13	Nuneaton & Bedworth Winter Meet	Nuneaton	Leic Peng	2
1:26.34	256	H	28/09/13	Leicester Penguins Club Championships	Braunstone	Leic Peng	4
1:27.43	247		27/04/13	Leicester Penguins No Frills Gala	Loughborough	Leic Peng	4
1:28.49	238		06/04/13	Nuneaton & Bedworth SC Spring Qualifying	Nuneaton	Leic Peng	2
1:30.22	225		19/01/13	Leicester Penguins Club Championships	Braunstone	Leic Peng	4

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