

Individual Best Times (Masters)

Gail Henry - (18872) - Portsmouth Northsea SC - 100 Backstroke - Long Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
1:16.56	419	H	02/02/08	London & SE Region Masters Mt	Crawley	MAS092	0
1:16.78	416		19/06/09	British Gas Masters 2009	Cardiff	MAS150	0
1:17.24	408		20/06/10	British Gas Masters Champs	Glasgow	MAS210	0
1:17.77	400		05/03/04	Welsh 5th Open Masters 2004	Swansea	WAL049	0
1:18.23	393		30/04/05	Welsh Open Masters 2005	Swansea	WAL074	0
1:18.34	391		23/04/04	GB Masters Championship 2004	Manchester	ASA041	0
1:18.73	386		16/06/07	British Masters 2007	Manchester	MAS037	0
1:22.45	336		06/06/03	GB Masters Championship 2003	Swansea	ASA032	0
1:26.01	296		01/06/02	Great Britain Masters Champs	Crystal Palace	ASA022	0

Swim Order

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1:16.78	416		19/06/09	British Gas Masters 2009	Cardiff	MAS150	0
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