

Individual Best Times (All Time)

David Arbona - (952856) - City of Manchester Aquatics

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	26.46	25.70	493	23/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
200 Freestyle	2:09.08	2:06.40	493	23/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
200 Breaststroke	2:58.19	2:55.20	349	21/02/15	BUCS Long Course Championships 2015	Sheffield	NE150632	1
200 Individual Medley	2:27.28	2:24.60	463	24/02/13	BUCS Long Course 2013	Sheffield	BUC007	1
400 Individual Medley	5:25.88	5:20.40	412	22/02/14	BUCS Long Course 2014	Sheffield	BUC009	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
200 Freestyle	2:05.87	2:08.60	492	07/12/13	BUCS Short Course 2013	Sheffield	BUC008	2
200 Breaststroke	2:45.64	2:48.80	381	15/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
200 Individual Medley	2:23.36	2:26.10	447	08/12/13	BUCS Short Course 2013	Sheffield	BUC008	2