

Individual Best Times (All Time)

Dayna Arbon - (1213460) - City of Norwich SC - 50 Freestyle - Long 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
29.88	493	H	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	Co Norwich	3
30.00	487	H	30/03/24	City of Norwich Easter Meet 2024	Norwich		1
30.28	474	F	04/03/23	CONSC March LC Open Meet 2023	Sportspark		3
30.35	470	H	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	Co Norwich	3
30.36	470	F	09/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
30.49	464	H	29/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
30.51	463	F	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich		3
30.60	459	H	28/01/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
30.75	452	F	02/03/24	City of Norwich March LC Open Meet 2024	Norwich		3
30.83	449	H	08/04/23	City of Norwich Easter Meet 2023	Norwich		1
30.85	448	F	05/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
30.94	444	H	26/02/22	Norfolk County Championships	UEA Sportspark	Co Norwich	1
31.00	441	H	16/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
31.65	415	F	11/07/21	CONSC Midsummer Madness 2021	Norwich		3
31.86	406	H	01/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
31.86	406	F	07/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	Co Norwich	3
32.76	374	H	12/05/19	Rotherham Metro Springtime Long Course Meet	Sheffield	Co Norwich	3
32.80	372	F	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	Co Norwich	3
32.90	369	H	02/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
33.32	355	F	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	Co Norwich	3
33.42	352	F	02/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3
34.46	321	F	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
36.02	281	F	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	Co Norwich	3
38.32	233	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
40.14	203	F	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3

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