

Individual Best Times (All Time)

Dayna Arbon - (1213460) - City of Norwich SC - 50 Backstroke - 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
34.24	482	F	04/03/23	CONSC March LC Open Meet 2023	Sportspark		3
34.66	465	H	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	Co Norwich	3
34.68	464	H	31/03/24	City of Norwich Easter Meet 2024	Norwich		1
34.73	462	F	02/03/24	City of Norwich March LC Open Meet 2024	Norwich		3
34.80	459	F	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich		3
34.85	457	H	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	Co Norwich	3
34.92	455	H	27/01/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
35.01	451	F	05/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
35.10	448	H	17/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
35.13	446	H	28/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
35.64	428	F	09/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
35.65	427	H	09/04/23	City of Norwich Easter Meet 2023	Norwich		1
36.33	404	H	26/02/22	Norfolk County Championships	UEA Sportspark	Co Norwich	1
36.62	394	F	11/07/21	CONSC Midsummer Madness 2021	Norwich		3
36.92	385	F	07/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	Co Norwich	3
37.37	371	H	26/01/20	Norfolk County Championships 2020	Norwich	Co Norwich	1
38.16	348	F	02/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3
38.59	337	H	10/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
39.12	323	F	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	Co Norwich	3
39.44	315	F	10/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
40.45	292	F	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	Co Norwich	3
44.82	215	H	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
45.17	210	F	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
45.20	209	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
45.82	201	F	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	Co Norwich	3

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35.01	451	F	05/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
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