

Individual Best Times (All Time)

Dayna Arbon - (1213460) - City of Norwich SC - 200 Individual Medley - 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
2:44.43	451	H	28/01/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
2:45.73	440	F	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich		3
2:46.01	438	H	28/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
2:46.25	436	H	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	Co Norwich	3
2:46.71	432	F	05/03/23	CONSC March LC Open Meet 2023	Sportspark		3
2:47.32	428	F	08/04/23	City of Norwich Easter Meet 2023	Norwich		1
2:50.73	403	F	30/03/24	City of Norwich Easter Meet 2024	Norwich		1
2:54.16	379	F	06/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
3:08.15	301	H	11/05/19	Rotherham Metro Springtime Long Course Meet	Sheffield	Co Norwich	3
3:11.56	285	F	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
3:33.63	205	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
3:36.34	198	F	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:50.73	403	F	30/03/24	City of Norwich Easter Meet 2024	Norwich		1
2:44.43	451	H	28/01/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
2:45.73	440	F	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich		3
2:46.25	436	H	17/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	Co Norwich	3
2:47.32	428	F	08/04/23	City of Norwich Easter Meet 2023	Norwich		1
2:46.71	432	F	05/03/23	CONSC March LC Open Meet 2023	Sportspark		3
2:46.01	438	H	28/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
2:54.16	379	F	06/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
3:08.15	301	H	11/05/19	Rotherham Metro Springtime Long Course Meet	Sheffield	Co Norwich	3
3:11.56	285	F	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
3:33.63	205	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3

3:36.34 198

F

02/07/16 UEA City Of Norwich Midsummer Madness Open Meet

Norwich

Co Norwich

3