

Individual Best Times (All Time)

Dayna Arbon - (1213460) - City of Norwich SC - 200 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
2:22.70	494	H	18/06/23	Boudicca Level 3 Long Course Open Meet 2023	Norwich	Co Norwich	3
2:23.35	487	F	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich		3
2:24.06	480	H	28/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
2:24.11	480	H	27/01/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
2:25.18	469	F	09/04/23	City of Norwich Easter Meet 2023	Norwich		1
2:27.58	447	F	10/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
2:27.95	443	F	03/03/24	City of Norwich March LC Open Meet 2024	Norwich		3
2:27.95	443	H	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	Co Norwich	3
2:28.40	439	H	26/02/22	Norfolk County Championships	UEA Sportspark	Co Norwich	1
2:29.16	433	F	17/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
2:31.55	412	F	06/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
2:34.03	393	F	08/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	Co Norwich	3
2:39.88	351	F	11/07/21	CONSC Midsummer Madness 2021	Norwich		3
2:41.60	340	F	03/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3
2:41.71	339	H	26/01/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
2:43.38	329	F	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	Co Norwich	3
2:52.63	279	H	06/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
3:01.03	242	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
3:10.30	208	F	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3

Swims in Date Order

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2:27.95	443	H	23/06/24	Norwich Swan & West Norfolk Boudicca L3 Open Meet	Norwich	Co Norwich	3
2:27.95	443	F	03/03/24	City of Norwich March LC Open Meet 2024	Norwich		3
2:24.11	480	H	27/01/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
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2:24.06	480	H	28/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
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3:01.03	242	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
3:10.30	208	F	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3