

Individual Best Times (All Time)

Charlie Southwood - (1237280) - Torfaen Dolphins Performance - 200 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
2:23.44	475	F	05/08/22	Swim Wales Summer Open 2022	Swansea		1
2:23.69	472	H	05/08/22	Swim Wales Summer Open 2022	Swansea		1
2:26.13	449	H	21/05/23	Cardiff International Open Meet 2023	Cardiff		1
2:27.53	436	F	12/03/22	Team Bath & Millfield National Qualifier L1 Meet	Millfield		1
2:27.85	433	F	07/08/21	Swansea Festival of Swimming 2021	Swansea		1
2:31.99	399	H	17/12/21	Swim Wales Winters 2021	Swansea		1
2:33.60	386	H	18/04/22	Swim Wales National Championships 2022	Swansea		1
2:35.97	369	F	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Torfaen D	1
2:45.49	309	F	31/07/19	Swim Wales Summer Nationals	Swansea	Torfaen D	1
2:46.22	305	H	31/07/19	Swim Wales Summer Nationals	Swansea	Torfaen D	1
2:46.40	304	F	19/04/19	Swim Wales Long Course Championships	WNPS	Torfaen D	1
2:47.11	300	F	24/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	Torfaen D	1
2:47.29	299	H	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Torfaen D	1
2:49.33	288	H	19/04/19	Swim Wales Long Course Championships	WNPS	Torfaen D	1
2:52.57	272	F	31/03/19	Tiger Bay Open Meet	Cardiff	Torfaen D	3
2:53.04	270	F	16/06/19	Torfaen Dolphins Long Course Meet 2019	Cardiff	Torfaen D	3
2:53.56	268	F	11/05/19	Swansea Aquatics Centenary 2019 LC Open Meet	WNPS	Torfaen D	1
2:57.83	249	F	20/10/18	Neath ASC Open Meet 2018	WNPS	Torfaen D	1
3:01.11	235	H	12/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	Torfaen D	1
3:14.13	191	F	18/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	Torfaen D	1
3:15.84	186	F	07/01/18	RCT New Year Open Meet	Cardiff	Torfaen D	3
3:24.13	164	F	18/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	Torfaen D	3

Swims in Date Order

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