

# Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 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
34.41	320	H	22/01/22	Swim England Essex Age Group Championships 2022	London	Bark & Dagen	1
36.56	267	F	15/03/20	2020 London Region Spring Open Meet	London	Bark & Dagen	1
36.94	259	F	08/03/20	NUEL Regional Qualifying Meet 2020	London	Bark & Dagen	3
37.83	241	H	01/02/20	Essex Age Group Championships 2020	London	Bark & Dagen	1
38.19	234	H	30/06/19	Romford Town End of Season Meet 2019	Basildon	Bo Waltham F	3
40.36	198	H	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Bo Waltham F	1
42.77	166	F	06/01/19	BWFSC New Year Meet 2019	London	Bo Waltham F	3
43.46	159	F	14/10/18	BWFSC County Qualifier Meet 2018	London	Bo Waltham F	3

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