

# Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 100 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
1:19.38	274	F	14/03/20	2020 London Region Spring Open Meet	London	Bark & Dagen	1
1:20.04	267	H	29/02/20	Essex Age Group Championships 2020	Basildon	Bark & Dagen	1
1:20.13	267	F	07/03/20	NUEL Regional Qualifying Meet 2020	London	Bark & Dagen	3
1:21.52	253	H	30/06/19	Romford Town End of Season Meet 2019	Basildon	Bo Waltham F	3

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