

Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 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
2:49.72	303	F	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C		1
3:05.20	233	H	30/06/19	Romford Town End of Season Meet 2019	Basildon	Bo Waltham F	3

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