

# Individual Best Times (All Time)

Allanah Ralfe - (1645102) - Thetford Dolphins SC - 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 |
|---------|--------|-------|----------|---|---------|-----------------|-------|
| 3:30.78 | 199    | F     | 02/03/24 | City of Norwich March LC Open Meet 2024 | Norwich |                 | 3     |
| 3:33.11 | 192    | H     | 04/02/24 | SE Norfolk County Championships 2024    | Norwich | Thetford        | 1     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                                    | Venue   | Club Swam Under | Level |
|---------|--------|-------|----------|---|---------|-----------------|-------|
| 3:30.78 | 199    | F     | 02/03/24 | City of Norwich March LC Open Meet 2024 | Norwich |                 | 3     |
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