

# Individual Best Times (All Time)

Jack Smith - (212974) - City of Derby Swimming Club - 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
2:15.71	560	F	24/07/09	British Gas Nat Age Grps	Sheffield	Plymouth Lea	1
2:16.20	554	F	28/03/10	City of Sheffield Premier	Sheffield	Plymouth Lea	1
2:16.33	553		19/12/09	Plymouth Leander Open Mt	Millfield	Plymouth Lea	1
2:16.99	545	H	30/07/10	British Gas Nat Age Grps	Sheffield	Plymouth Lea	1
2:17.24	542	H	24/07/09	British Gas Nat Age Grps	Sheffield	Plymouth Lea	1
2:17.96	533	F	30/07/10	British Gas Nat Age Grps	Sheffield	Plymouth Lea	1
2:18.88	523	F	13/06/09	South West Region Age Grps	Millfield	Plymouth Lea	1
2:19.24	519		19/12/09	Plymouth Leander Open Mt	Millfield	Plymouth Lea	1
2:19.67	514	H	31/01/10	Burns Open Meet	Sheffield	Plymouth Lea	1
2:20.86	501	H	28/03/10	City of Sheffield Premier	Sheffield	Plymouth Lea	1
2:21.34	496	H	19/06/10	BG South West Age Groups	Millfield	Plymouth Lea	1
2:21.78	491	H	13/06/09	South West Region Age Grps	Millfield	Plymouth Lea	1
2:22.64	483	H	20/02/09	22nd Berlin International	Berlin, Germany	Plymouth Lea	1
2:22.75	481		11/01/09	Welsh New Year Dragon	Swansea	Plymouth Lea	1
2:25.02	459	H	29/03/09	Sheffield Premier Meet	Sheffield	Plymouth Lea	1
2:25.26	457		11/01/09	Welsh New Year Dragon	Swansea	Plymouth Lea	1
2:29.41	420	H	26/07/08	National Age Groups 2008	Sheffield	Plymouth Lea	1
2:31.85	400	F	26/07/08	National Age Groups 2008	Sheffield	Plymouth Lea	1
2:32.48	395	F	07/06/08	Midlands Age Group Champs	Coventry	Plymouth Lea	1
2:33.52	387	H	07/06/08	Midlands Age Group Champs	Coventry	Plymouth Lea	1
2:34.21	382		17/05/08	Manchester Open 2008	Manchester	Plymouth Lea	1
2:34.68	378	H	20/04/08	Radford SC Open Meet	Sheffield	Plymouth Lea	1
2:44.26	316	H	02/12/07	Snow Frills Winter Meet	Sheffield	Plymouth Lea	1
2:44.31	316	H	13/01/08	City of Derby 7th LC Meet	Sheffield	Plymouth Lea	1
2:45.55	308	H	25/07/07	National Age Groups 2007	Sheffield	Plymouth Lea	1
2:48.10	295	H	16/06/07	East & West Midlands Age	Coventry	Plymouth Lea	1
2:48.17	294	F	16/06/07	East & West Midlands Age	Coventry	Plymouth Lea	1

2:48.17	294	F	10/06/07	East & West Midlands Age	Coventry	Plymouth Lea	1
2:48.32	293		19/05/07	Manchester Open	Manchester	Plymouth Lea	1
2:48.63	292	H	15/04/07	Radford Silver Jubilee	Sheffield	Plymouth Lea	1
2:56.59	254	H	07/01/07	City of Derby LC Open	Sheffield	Plymouth Lea	1

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