

# Individual Best Times (All Time)

Zack Campbell-Maughan - (275226) - West Norfolk Swimming 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
28.42	568	H	30/04/22	SE East Region Long Course Championships 2022	Norwich	West Norfolk	1
28.70	552	H	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
28.77	548	H	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	Chelsea&West	1
28.85	543	H	17/05/15	Northampton Spring Festival	Corby	West Norfolk	1
28.90	541	F	30/05/15	Cardiff International Open Meet 2015	Cardiff		1
28.90	541	F	17/04/16	London Schools SA Championships	Crystal Palace	Chelsea&West	1
28.91	540	F	06/02/16	Derventio Excel February Festival 2016	Sheffield	Chelsea&West	1
28.93	539	F	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
28.99	536	H	30/07/15	British Summer Championships	Sheffield	West Norfolk	1
29.01	534	H	30/05/15	Cardiff International Open Meet 2015	Cardiff		1
29.05	532	H	10/04/16	London Region Summer Championships	London	Chelsea&West	1
29.05	532	F	10/04/16	London Region Summer Championships	London	Chelsea&West	1
29.06	532	F	30/04/22	SE East Region Long Course Championships 2022	Norwich	West Norfolk	1
29.08	531	H	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Chelsea&West	1
29.18	525	H	05/02/16	Derventio Excel February Festival 2016	Sheffield	Chelsea&West	1
29.37	515	H	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
29.54	506	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield	West Norfolk	1
29.55	506	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
29.91	488	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich		1
29.98	484	F	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	Chelsea&West	3
30.00	483	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
30.14	477	F	15/04/22	City of Norwich SC Easter Meet 2022	Norwich	West Norfolk	1
30.27	470	H	15/04/22	City of Norwich SC Easter Meet 2022	Norwich	West Norfolk	1
31.37	423	H	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
31.71	409	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1
45.68	137	H	12/07/09	London Region Sprint Gala	Crystal Palace	West Norfolk	3
46.03	131	F	02/05/00	Felina Spring LC Open	Felina	West Norfolk	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
29.06	532	F	30/04/22	SE East Region Long Course Championships 2022	Norwich	West Norfolk	1
28.42	568	H	30/04/22	SE East Region Long Course Championships 2022	Norwich	West Norfolk	1
30.14	477	F	15/04/22	City of Norwich SC Easter Meet 2022	Norwich	West Norfolk	1
30.27	470	H	15/04/22	City of Norwich SC Easter Meet 2022	Norwich	West Norfolk	1
29.98	484	F	18/06/16	Torfaen Dolphins LC Open Meet 2016	Bristol	Chelsea&West	3
28.77	548	H	29/05/16	ASA London Region Last Chance Meet	Crystal Palace	Chelsea&West	1
28.90	541	F	17/04/16	London Schools SA Championships	Crystal Palace	Chelsea&West	1
29.05	532	F	10/04/16	London Region Summer Championships	London	Chelsea&West	1
29.05	532	H	10/04/16	London Region Summer Championships	London	Chelsea&West	1
29.08	531	H	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Chelsea&West	1
28.91	540	F	06/02/16	Derventio Excel February Festival 2016	Sheffield	Chelsea&West	1
29.18	525	H	05/02/16	Derventio Excel February Festival 2016	Sheffield	Chelsea&West	1
28.99	536	H	30/07/15	British Summer Championships	Sheffield	West Norfolk	1
28.90	541	F	30/05/15	Cardiff International Open Meet 2015	Cardiff		1
29.01	534	H	30/05/15	Cardiff International Open Meet 2015	Cardiff		1
28.85	543	H	17/05/15	Northampton Spring Festival	Corby	West Norfolk	1
28.93	539	F	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
28.70	552	H	02/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
29.54	506	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield	West Norfolk	1
29.55	506	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
29.37	515	H	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
29.91	488	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich		1
31.37	423	H	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
30.00	483	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
31.71	409	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1
45.68	137	H	12/07/09	London Region Sprint Gala	Crystal Palace	West Norfolk	3
46.33	131		23/05/09	Ealing Spring LC Open	Ealing	West Norfolk	1