

Individual Best Times (All Time)

Ryan Sykes - (371207) - West Norfolk Swimming 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
2:24.23	493	H	11/07/15	Bishops Stortford End of Season LC Open Meet	Luton	West Norfolk	3
2:25.85	477	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	West Norfolk	1
2:26.91	467	F	12/07/14	City of Norwich SC Mid-Summer Madness Open	Norwich	West Norfolk	3
2:27.56	461	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich		1
2:27.72	459	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1
2:27.72	459	H	11/04/15	Derventio Excel 9th Open Meet	Sheffield	West Norfolk	1
2:28.02	456	H	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
2:28.63	451	F	26/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	West Norfolk	1
2:29.21	445	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
2:29.24	445	H	08/12/13	ASA East Regionals Winter Championships	Norwich	West Norfolk	1
2:30.13	437	H	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	West Norfolk	1

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