

Individual Best Times (All Time)

Alaina Scifo - (496333) - Team Ipswich Swimming - 200 Freestyle - 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
2:11.41	633	H	03/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
2:12.88	612	H	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	teamipswich	1
2:12.99	611	H	04/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
2:13.13	609	H	02/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
2:13.92	598	H	04/05/13	ASA East Region Youth Championships	Luton	teamipswich	1
2:14.00	597	F	03/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
2:14.37	592	F	02/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
2:14.39	592	H	07/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1
2:15.00	584	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	teamipswich	1
2:15.57	576	H	27/01/13	ASA Central Region Zonal Competition	Corby	teamipswich	1
2:17.95	547	H	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	teamipswich	1
2:20.44	518	H	05/06/11	BG East Region Bagcat Championships	Norwich	teamipswich	1
2:22.14	500	F	05/06/11	BG East Region Bagcat Championships	Norwich	teamipswich	1
2:24.66	474	F	19/12/10	Hillingdon Winter Meet	Hillingdon	teamipswich	1
2:25.23	469	H	06/06/10	BG East Region Bagcats	Norwich	teamipswich	1
2:30.45	422	H	13/06/09	East Region Age Groups	Norwich	teamipswich	1
2:31.17	416	H	12/04/09	City of Norwich Easter Mt	Norwich	teamipswich	2
2:41.26	342	H	14/06/08	East Region Bagcat Champs	Norwich	teamipswich	1

Swims in Date Order

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2:13.13	609	H	02/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
2:12.99	611	H	04/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
2:14.00	597	F	03/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
2:11.41	633	H	03/05/14	ASA East Region Youth Championships	Luton	teamipswich	1

2:15.00	584	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	teamipswich	1
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2:12.88	612	H	15/12/12	Basildon & Phoenix LC Winter Meet	Basildon	teamipswich	1
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