

# Individual Best Times (All Time)

Dermot O'Doherty - (792925) - Basildon and Phoenix 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
2:22.82	481	H	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
2:22.82	481	H	24/01/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
2:28.66	426	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
2:44.21	316	H	24/11/13	Essex Winter Long Course Competition	Basildon	Basildon Ph	1
2:46.21	305	H	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
2:46.26	305	H	25/11/12	Essex Winter Long Course Championships	Basildon	Basildon Ph	1
2:48.87	291	H	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	Basildon Ph	1

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