

Individual Best Times (All Time)

Ryan Smith - (798043) - City of Norwich SC - 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
28.57	560	F	03/08/16	ASA Summer Nationals 2016	Sheffield	Co Norwich	1
28.97	537	H	03/08/16	ASA Summer Nationals 2016	Sheffield	Co Norwich	1
29.02	534	F	06/08/15	ASA Summer Nationals 2015	Sheffield		1
29.30	519	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Co Norwich	1
29.37	515	H	30/04/16	ASA East Region Long Course Championships	Norwich	Co Norwich	1
29.44	511	H	06/08/15	ASA Summer Nationals 2015	Sheffield		1
29.46	510	F	30/04/16	ASA East Region Long Course Championships	Norwich	Co Norwich	1
29.48	509	H	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
29.77	495	H	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Norwich	1
29.87	490	F	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
29.96	485	F	07/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1
30.03	482	H	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
30.13	477	H	02/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
30.50	460	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield		1
30.80	447	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Co Norwich	1
31.68	410	H	11/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield		1
34.82	309	H	13/01/13	City of Derby 12th Long Course Open Meet	Sheffield	Co Norwich	1

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