

# Individual Best Times (All Time)

Ben Allen - (910835) - West Suffolk Swimming Club - 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
2:30.88	408	H	20/04/19	Beckenham Easter International Open 2019	London	West Suffolk	1
2:31.01	407	H	27/02/22	Norfolk County Championships	UEA Sportspark	Co Norwich	1
2:35.40	373	F	03/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	West Suffolk	3
2:39.42	346	F	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	West Suffolk	3

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