

Individual Best Times (All Time)

Dayna Arbon - (1213460) - City of Norwich SC - 50 Backstroke - Short 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
32.62	463	F	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich		3
33.37	433	H	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	Co Norwich	3
33.60	424	F	19/11/22	City of Norwich L3 November SC Open Meet 2022	Norwich		3
33.69	420	F	21/07/23	Co Norwich SC Club Championships Main Events 2023	Norwich		4
34.14	404	F	29/10/23	Teamipswich SC Spooktacular Open 2023	Ipswich		3
34.35	397	F	27/11/21	City of Norwich SC L3 November SC Open Meet 2021	Norwich		3
34.41	395	H	26/06/22	Norfolk ASA County Challenge Gala	Dereham	Co Norwich	3
34.53	391	F	30/10/22	Teamipswich Swimming Club Spooktacular Open Meet	Ipswich		3
35.11	371	H	12/12/21	Diss Otters SC Santa's Splash & Dash	Norwich	Co Norwich	3
35.75	352	F	10/10/20	City of Norwich SC	UEA		0
36.63	327	F	16/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich	Co Norwich	3
36.79	323	F	23/09/21	City of Norwich Club Championships 2021	Norwich		4
37.48	305	F	17/11/18	CoNSC NOVEMBER SHORT COURSE OPEN MEET 2018	NORWICH	Co Norwich	3
37.61	302	F	26/05/21	City of Norwich	Hewett		0
38.67	278	F	26/09/19	CONSC 2019 Club Championships	Norwich	Co Norwich	4
39.33	264	F	27/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
39.51	261	F	18/11/17	UEA Norwich November Short Course Open Meet	Norwich	Co Norwich	3
41.16	230	F	29/09/17	UEA Co Norwich Club Championships Main Events	Norwich	Co Norwich	4
42.69	206	H	22/01/17	Norfolk ASA County Championships 2017	Norfolk	Co Norwich	2
42.73	206	F	24/09/16	UEA City of Norwich Club Championships	Norwich	Co Norwich	4
42.96	203	F	22/01/17	Norfolk ASA County Championships 2017	Norfolk	Co Norwich	2
44.87	178	H	08/04/16	Cambridge April Open 2016	Cambridge	Co Norwich	3
45.06	175	H	20/02/16	Norfolk County Championships 2016	Thetford	Co Norwich	2
47.28	152	H	18/10/15	Diss Otters 18th Open Sprint Meet	Norwich		3
52.47	111	F	26/09/14	City of Norwich SC Club Championships	Norwich	Co Norwich	4

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