

# Individual Best Times (All Time)

Dayna Arbon - (1213460) - City of Norwich SC - 200 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
2:36.08	442	H	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	Co Norwich	3
2:37.71	428	F	28/07/23	Co Norwich SC Club Championships Main Events 2023	Norwich		4
2:40.67	405	F	19/11/22	City of Norwich L3 November SC Open Meet 2022	Norwich		3
2:42.36	393	H	26/06/22	Norfolk ASA County Challenge Gala	Dereham	Co Norwich	3
2:42.88	389	F	30/10/22	Teamipswich Swimming Club Spooktacular Open Meet	Ipswich		3
2:54.31	317	F	25/09/21	City of Norwich Club Championships 2021	Norwich		4
3:05.11	265	F	29/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
3:06.95	257	F	18/11/17	UEA Norwich November Short Course Open Meet	Norwich	Co Norwich	3
3:08.24	252	F	29/10/16	UEA City of Norwich Halloween Screamer 2016	Norwich	Co Norwich	3
3:12.64	235	H	29/01/17	Norfolk ASA County Championships 2017	Norfolk	Co Norwich	2
3:14.14	229	F	30/09/17	UEA Co Norwich Club Championships Main Events	Norwich	Co Norwich	4
3:20.88	207	F	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	Co Norwich	3
3:40.36	157	H	18/10/15	Diss Otters 18th Open Sprint Meet	Norwich		3

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