

# Individual Best Times (All Time)

Dayna Arbon - (1213460) - City of Norwich SC - 100 Individual Medley - 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
1:13.87	447	F	29/10/23	Teamipswich SC Spooktacular Open 2023	Ipswich		3
1:13.92	446	F	14/07/23	Co Norwich SC Club Championships 100IM 2023	Norwich		3
1:15.30	422	F	30/10/22	Teamipswich Swimming Club Spooktacular Open Meet	Ipswich		3
1:16.35	405	F	15/07/22	City of Norwich Club Championships 100IM	Norwich		3
1:20.00	352	F	25/09/21	City of Norwich L3 100IM Time Trials Meet 2021	Norwich		3
1:20.33	348	F	16/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich	Co Norwich	3
1:23.53	309	F	21/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
1:25.23	291	F	17/11/18	CoNSC NOVEMBER SHORT COURSE OPEN MEET 2018	NORWICH	Co Norwich	3
1:28.62	259	F	18/11/17	UEA Norwich November Short Course Open Meet	Norwich	Co Norwich	3
1:33.24	222	F	25/09/16	UEA City of Norwich Club Championships	Norwich	Co Norwich	4
1:34.06	216	F	30/09/17	UEA Co Norwich Club Championships Main Events	Norwich	Co Norwich	4
1:36.40	201	F	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	Co Norwich	3
1:36.88	198	H	28/01/17	Norfolk ASA County Championships 2017	Norfolk	Co Norwich	2
1:43.93	160	H	20/02/16	Norfolk County Championships 2016	Thetford	Co Norwich	2
1:43.96	160	F	03/10/15	UEA City of Norwich SC Halloween Howler 2015	Norwich	Co Norwich	2
1:45.29	154	F	25/09/15	UEA City of Norwich Club Championships 2015	Norwich	Co Norwich	4

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