

Individual Best Times (All Time)

Dayna Arbon - (1213460) - City of Norwich SC - 400 Freestyle - 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
4:53.82	487	F	18/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich		3
4:54.70	483	H	03/12/23	Great Yarmouth SC Winter Wipeout Meet 2023	Norwich	Co Norwich	3
4:55.20	481	F	21/07/23	Co Norwich SC Club Championships Main Events 2023	Norwich		4
4:57.22	471	F	19/11/22	City of Norwich L3 November SC Open Meet 2022	Norwich		3
5:10.76	412	F	27/11/21	City of Norwich SC L3 November SC Open Meet 2021	Norwich		3
5:34.34	331	F	17/11/18	CoNSC NOVEMBER SHORT COURSE OPEN MEET 2018	NORWICH	Co Norwich	3
5:41.09	311	F	20/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
5:42.93	306	F	19/09/19	CONSC 2019 Club Championships	Norwich	Co Norwich	4
5:57.37	271	F	18/11/17	UEA Norwich November Short Course Open Meet	Norwich	Co Norwich	3
6:18.86	227	F	28/09/17	UEA Co Norwich Club Championships Main Events	Norwich	Co Norwich	4
6:23.84	218	F	23/09/16	UEA City of Norwich Club Championships	Norwich	Co Norwich	4
6:24.78	217	H	28/01/17	Norfolk ASA County Championships 2017	Norfolk	Co Norwich	2

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6:23.84

218

F

23/09/16

UEA City of Norwich Club Championships

Norwich

Co Norwich

4