

# Individual Best Times (All Time)

Lily Arnold - (1365432) - Milford Haven - 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
2:47.75	356	F	13/11/21	Pembrokeshire County Swimming Championships 2021	Haverfordwest		3
2:50.03	342	F	28/06/21	Swim Wales Super Series 2021 - Round 2, Session 1	Swansea		0
2:52.05	330	F	23/11/20	Swim Wales Super Series - Round 2, Session 1	Swansea		0
2:53.08	324	F	05/11/22	Bridgend County SS Distance and Sprint Meet Nov 22	Aberavon		3
3:01.42	281	F	02/02/20	Swim Wales West Regional Championships	Haverfordwest	Milford Havn	2
3:09.00	249	F	12/10/19	Pembrokeshire County Swimming Championships 2019	Haverfordwest	Milford Havn	3
3:28.77	184	F	24/11/18	SW West Region Sub Regional Championships	Haverfordwest	Milford Havn	3
3:29.06	184	F	27/10/18	Pembrokeshire County Swimming Championships	Haverfordwest	Milford Havn	3

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