

Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 50 Butterfly - 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 |
|-------|--------|-------|----------|---|---------------------|-----------------|-------|
| 28.40 | 449 | H | 02/10/22 | Romford Town SC Autumn Season Opener Meet 2022 | Essex | BorRedbridge | 3 |
| 28.83 | 429 | F | 04/02/23 | Essex Age Group County Championships 2023 | Basildon | BorRedbridge | 2 |
| 28.83 | 429 | F | 04/02/23 | Essex Age Group County Championships 2023 | Basildon | BorRedbridge | 2 |
| 28.87 | 427 | H | 04/02/23 | Essex Age Group County Championships 2023 | Basildon | BorRedbridge | 2 |
| 28.87 | 427 | H | 04/02/23 | Essex Age Group County Championships 2023 | Basildon | BorRedbridge | 2 |
| 28.92 | 425 | H | 16/10/22 | Essex Winter Championships 2022 | Basildon | BorRedbridge | 2 |
| 29.16 | 414 | H | 10/07/22 | Romford Town SC End of Season Meet July 2022 | Essex | BorRedbridge | 3 |
| 29.76 | 390 | H | 20/03/22 | Basildon & Phoenix Spring Regional Qualifier 2022 | Basildon | Bark & Dagen | 3 |
| 31.57 | 327 | H | 11/12/21 | Romford Town SC Christmas Cracker Meet 2021 | London | Bark & Dagen | 3 |
| 32.39 | 302 | F | 09/10/21 | NUEL Early County Qualifier Open Meet 2021 | London | | 3 |
| 33.47 | 274 | F | 13/06/21 | Summer B&D Champs 2021 | Dagenham | | 4 |
| 33.78 | 266 | F | 23/10/20 | Barking and Dagenham | Becontree Health | | 0 |
| 35.39 | 232 | H | 05/10/19 | 9th David Jacobs Memorial Meet | Basildon | Bark & Dagen | 3 |
| 37.63 | 193 | H | 15/06/19 | 8th Eric Shepherd Open Meet | Harlow | BorRedbridge | 3 |
| 37.96 | 188 | H | 27/04/19 | RTSC Non- Regional Qualifiers Meet | Romford | BorRedbridge | 3 |
| 40.27 | 157 | F | 02/03/19 | Enfield Spring Regional Qualifier | Enfield | Bo Waltham F | 3 |
| 42.94 | 129 | F | 16/12/18 | LB Redbridge Last Chance County Qualifier | Fullwell Cross Pool | Bo Waltham F | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------|--------|-------|----------|--|----------|-----------------|-------|
| 28.83 | 429 | F | 04/02/23 | Essex Age Group County Championships 2023 | Basildon | BorRedbridge | 2 |
| 28.83 | 429 | F | 04/02/23 | Essex Age Group County Championships 2023 | Basildon | BorRedbridge | 2 |
| 28.87 | 427 | H | 04/02/23 | Essex Age Group County Championships 2023 | Basildon | BorRedbridge | 2 |
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| 35.39 | 232 | H | 05/10/19 | 9th David Jacobs Memorial Meet | Basildon | Bark & Dagen | 3 |
| 37.63 | 193 | H | 15/06/19 | 8th Eric Shepherd Open Meet | Harlow | BorRedbridge | 3 |
| 37.96 | 188 | H | 27/04/19 | RTSC Non- Regional Qualifiers Meet | Romford | BorRedbridge | 3 |
| 40.27 | 157 | F | 02/03/19 | Enfield Spring Regional Qualifier | Enfield | Bo Waltham F | 3 |
| 42.94 | 129 | F | 16/12/18 | LB Redbridge Last Chance County Qualifier | Fullwell Cross Pool | Bo Waltham F | 3 |