

# Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 100 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
1:06.98	375	H	10/07/22	Romford Town SC End of Season Meet July 2022	Essex	BorRedbridge	3
1:07.98	359	H	20/03/22	Basildon & Phoenix Spring Regional Qualifier 2022	Basildon	Bark & Dagen	3
1:08.27	354	H	16/10/22	Essex Winter Championships 2022	Basildon	BorRedbridge	2
1:12.70	293	H	11/12/21	Romford Town SC Christmas Cracker Meet 2021	London	Bark & Dagen	3
1:13.15	288	F	09/10/21	NUEL Early County Qualifier Open Meet 2021	London		3
1:16.73	249	F	12/06/21	Summer B&D Champs 2021	Dagenham		4
1:17.94	238	F	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bark & Dagen	3
1:18.79	230	H	05/10/19	9th David Jacobs Memorial Meet	Basildon	Bark & Dagen	3
1:21.39	209	H	27/04/19	RTSC Non- Regional Qualifiers Meet	Romford	BorRedbridge	3
1:22.85	198	F	10/11/19	NUEL Winter Invitational Meet 2019	East Ham	Bark & Dagen	4
1:24.39	187	F	03/03/19	Enfield Spring Regional Qualifier	Enfield	Bo Waltham F	3
1:30.90	150	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Bo Waltham F	3

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1:30.90

150

F

16/12/18

LB Redbridge Last Chance County Qualifier

Fullwell Cross Pool

Bo Waltham F

3