

# Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 50 Breaststroke - 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
34.40	381	H	01/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	BorRedbridge	3
34.42	380	H	15/10/22	Essex Winter Championships 2022	Basildon	BorRedbridge	2
35.34	351	H	19/03/22	Basildon & Phoenix Spring Regional Qualifier 2022	Basildon	Bark & Dagen	3
37.79	287	H	12/12/21	Romford Town SC Christmas Cracker Meet 2021	London	Bark & Dagen	3
37.97	283	H	07/11/21	SE London Winter Championships 2021	London		2
40.01	242	F	13/06/21	Summer B&D Champs 2021	Dagenham		4
41.11	223	F	23/10/20	Barking and Dagenham	Becontree Health		0
42.46	202	H	06/10/19	9th David Jacobs Memorial Meet	Basildon	Bark & Dagen	3
43.85	184	H	15/06/19	8th Eric Shepherd Open Meet	Harlow	BorRedbridge	3
44.17	180	H	28/04/19	RTSC Non- Regional Qualifiers Meet	Romford	BorRedbridge	3
1:10.09	45	F	24/09/17	Newham & UEL Development Time Trial 2017	East Ham	Bo Newham	4

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