

Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 100 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 |
|---------|--------|-------|----------|---|----------------|-----------------|-------|
| 1:17.50 | 362 | H | 15/10/22 | Essex Winter Championships 2022 | Basildon | BorRedbridge | 2 |
| 1:18.79 | 345 | H | 10/07/22 | Romford Town SC End of Season Meet July 2022 | Essex | BorRedbridge | 3 |
| 1:20.33 | 325 | H | 20/03/22 | Basildon & Phoenix Spring Regional Qualifier 2022 | Basildon | Bark & Dagen | 3 |
| 1:24.17 | 283 | H | 11/12/21 | Romford Town SC Christmas Cracker Meet 2021 | London | Bark & Dagen | 3 |
| 1:30.20 | 230 | F | 13/06/21 | Summer B&D Champs 2021 | Dagenham | | 4 |
| 1:31.98 | 217 | H | 05/10/19 | 9th David Jacobs Memorial Meet | Basildon | Bark & Dagen | 3 |
| 1:37.63 | 181 | H | 27/04/19 | RTSC Non- Regional Qualifiers Meet | Romford | BorRedbridge | 3 |
| 1:43.49 | 152 | F | 02/03/19 | Enfield Spring Regional Qualifier | Enfield | Bo Waltham F | 3 |
| 1:59.09 | 100 | F | 13/07/18 | BWFSC Club Championships 2018 | Sylvestrian LC | Bo Waltham F | 4 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|----------------|-----------------|-------|
| 1:17.50 | 362 | H | 15/10/22 | Essex Winter Championships 2022 | Basildon | BorRedbridge | 2 |
| 1:18.79 | 345 | H | 10/07/22 | Romford Town SC End of Season Meet July 2022 | Essex | BorRedbridge | 3 |
| 1:20.33 | 325 | H | 20/03/22 | Basildon & Phoenix Spring Regional Qualifier 2022 | Basildon | Bark & Dagen | 3 |
| 1:24.17 | 283 | H | 11/12/21 | Romford Town SC Christmas Cracker Meet 2021 | London | Bark & Dagen | 3 |
| 1:30.20 | 230 | F | 13/06/21 | Summer B&D Champs 2021 | Dagenham | | 4 |
| 1:31.98 | 217 | H | 05/10/19 | 9th David Jacobs Memorial Meet | Basildon | Bark & Dagen | 3 |
| 1:37.63 | 181 | H | 27/04/19 | RTSC Non- Regional Qualifiers Meet | Romford | BorRedbridge | 3 |
| 1:43.49 | 152 | F | 02/03/19 | Enfield Spring Regional Qualifier | Enfield | Bo Waltham F | 3 |
| 1:59.09 | 100 | F | 13/07/18 | BWFSC Club Championships 2018 | Sylvestrian LC | Bo Waltham F | 4 |