

# Individual Best Times (All Time)

Alisha Greenwood - (1403206) - West Norfolk Swimming Club - 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
2:43.68	383	H	16/03/24	West Norfolk Open Meet 2024	King's Lynn	West Norfolk	3
2:44.92	375	H	24/09/23	Norwich Swan No Frills Season Starter Meet 2023	Norwich	West Norfolk	3
2:44.96	374	H	15/07/23	West Norfolk Club Championships 2023	King's Lynn	West Norfolk	4
2:48.55	351	H	18/03/23	West Norfolk SC Open Meet 2023	Kings Lynn	West Norfolk	3
2:49.50	345	F	03/12/23	City of Peterborough Winter Meet 2023	Peterborough		3
2:50.63	338	H	25/06/23	Swim England Norfolk County Challenge 2023	Dereham	West Norfolk	3
2:54.41	317	F	30/10/22	Teamipswich Swimming Club Spooktacular Open Meet	Ipswich		3
2:56.71	304	H	26/06/22	Norfolk ASA County Challenge Gala	Dereham	West Norfolk	3
2:58.47	295	H	16/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	West Norfolk	4
3:01.36	282	F	01/10/22	Dereham & District ASC Icen Open	Dereham		3
3:05.38	264	H	19/03/22	West Norfolk SC Open Meet 2022	Kings Lynn	West Norfolk	3
3:21.69	205	H	23/06/21	West Norfolk SC Club Champs 2021	Kings Lynn	West Norfolk	4
4:02.57	117	H	05/10/19	WNSC Mini Meet Series 2019	Kings Lynn	West Norfolk	4

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