

Individual Best Times (All Time)

Sian Smith - (152235) - Watford SC - 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
2:16.86	656	F	18/03/12	Hertfordshire County Championships	Borehamwood	Hatfield	2
2:19.13	624	F	13/05/12	Hatfield SC UK Challenge	Hatfield	Hatfield	2
2:21.03	599	F	05/11/11	City of Norwich The Big Bang 2011	Norwich	Hatfield	2
2:21.23	597	F	06/03/11	Hertfordshire County Championships	Borehamwood	Hatfield	2
2:22.11	586	F	03/12/11	BG East Region Winter Championships	Norwich	Hatfield	2
2:22.61	580	H	03/12/11	BG East Region Winter Championships	Norwich	Hatfield	2
2:23.15	573	H	15/05/11	Hatfield UK Challenge 2011	Hatfield	Hatfield	2
2:23.16	573	H	13/05/12	Hatfield SC UK Challenge	Hatfield	Hatfield	2
2:23.77	566	H	01/12/12	ASA East Region Winter Championships	Cambridge	Hatfield	2
2:25.26	548	H	15/05/10	Hatfield UK Challenge	Hatfield	Hatfield	2
2:25.73	543		24/01/10	Biggleswade 11th Open	Biggleswade	Hatfield	3
2:26.59	534	F	01/12/12	ASA East Region Winter Championships	Cambridge	Hatfield	2
2:27.21	527	F	21/09/15	Hatfield Club Championships 2015	Hatfield	Hatfield	4
2:27.71	522	H	06/11/10	East Region Winter Champs	Norwich	Hatfield	2
2:28.13	517	H	07/11/09	East Region Winter Champs	Norwich	Hatfield	2
2:28.35	515	F	18/09/11	Hatfield SC Club Championships	Hatfield	Hatfield	4
2:28.53	513	F	12/09/10	Hatfield Club Champs	Hatfield	Hatfield	4
2:29.05	508	F	13/03/10	Hertfordshire Champs	Borehamwood	Hatfield	2
2:31.07	488		25/01/09	Biggleswade Open Meet	Biggleswade	Hatfield	2
2:31.68	482		07/09/08	Hatfield Club Champs	Herts Sport Village	Hatfield	4
2:32.57	473	H	22/11/08	East Region Winter Champs	Norwich	Hatfield	1
2:33.11	468		16/05/09	Hatfield UK Challenge 2009	Herts Sports Village	Hatfield	1
2:33.52	465		06/04/08	Nuneaton & Bedworth Open	Nuneaton	Hatfield	2
2:35.42	448		11/03/09	Hertfordshire Champs	Borehamwood	Hatfield	2
2:37.25	432		17/05/08	Hatfield UK Challenge	Hatfield	Hatfield	1
2:37.52	430		26/01/08	Biggleswade Open Meet	Biggleswade	Hatfield	2
2:37.88	428		15/02/08	Hertfordshire Champs	Borehamwood	Hatfield	2

2:37.00	420		19/03/06	Hertfordshire Champs	Borehamwood	Hatfield	
2:40.19	409		17/11/07	Milton Keynes November	Milton Keynes	Hatfield	2
2:42.58	391		23/09/07	Hatfield Club Champs	Hatfield	Hatfield	4
2:42.84	389		19/05/07	Hatfield UK Challenge	Hatfield	Hatfield	1
2:48.83	349		17/03/07	Hertfordshire Champs	Borehamwood	Hatfield	2
3:13.52	232	H	19/03/06	Hertfordshire County Champ	Borehamwood	Hatfield	2

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