

Individual Best Times (All Time)

James Day - (206917) - Basildon and Phoenix SC - 200 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
2:48.58	362	H	09/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2
2:52.93	335	H	31/03/12	Essex County Championships	Basildon	Basildon Ph	2
2:58.87	303	H	17/10/12	Thurrock SC Club Championships	Grays	Basildon Ph	4
3:24.52	202	H	28/03/09	Essex County Champs	Grays	Basildon Ph	2
3:31.97	182		07/12/08	Thurrock Club Champs	Thurrock	Basildon Ph	4
3:36.02	172	H	17/02/08	Essex County Champs	Grays	Basildon Ph	2
3:48.63	145		08/12/07	Thurrock Club Champs	Grays	Basildon Ph	4

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