

Individual Best Times (All Time)

Shannon Evans - (301362) - Diss Otters 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
3:20.36	302	H	25/06/17	Warwick Thompson Memorial Gala 2017	Thetford	Diss Otters	3
3:21.67	297	F	10/11/18	Stowmarket Club Championships 2018	Stowmarket	Stowmarket	4
3:22.11	295	F	19/11/17	Stowmarket Club Championships 2017	Stowmarket	Stowmarket	4
3:25.42	281	H	02/12/17	GYSO Winter Wipeout 2017	UEA	Diss Otters	3
3:32.11	255	F	20/11/16	Stowmarket Club Championships 2016	Stowmarket	Stowmarket	4
3:33.07	251	F	01/10/17	West Suffolk Neate Meet	Bury St Edmunds		3
3:52.39	194	F	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	Stowmarket	3
3:52.43	194		15/11/15	Stowmarket SC Club Championships 2015	Stowmarket	Stowmarket	4
3:58.94	178		22/11/14	Stowmarket Club Champs	Stowmarket	Stowmarket	4
4:15.10	146		16/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
4:37.79	113		17/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
5:15.01	77		19/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:21.67	297	F	10/11/18	Stowmarket Club Championships 2018	Stowmarket	Stowmarket	4
3:25.42	281	H	02/12/17	GYSO Winter Wipeout 2017	UEA	Diss Otters	3
3:22.11	295	F	19/11/17	Stowmarket Club Championships 2017	Stowmarket	Stowmarket	4
3:33.07	251	F	01/10/17	West Suffolk Neate Meet	Bury St Edmunds		3
3:20.36	302	H	25/06/17	Warwick Thompson Memorial Gala 2017	Thetford	Diss Otters	3
3:32.11	255	F	20/11/16	Stowmarket Club Championships 2016	Stowmarket	Stowmarket	4
3:52.43	194		15/11/15	Stowmarket SC Club Championships 2015	Stowmarket	Stowmarket	4
3:52.39	194	F	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	Stowmarket	3
3:58.94	178		22/11/14	Stowmarket Club Champs	Stowmarket	Stowmarket	4
4:15.10	146		16/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
4:37.79	113		17/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4

