

Individual Best Times (All Time)

John Posnett - (35450) - Seagulls Swimming Club - 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 |
|---------|--------|-------|----------|--|----------------|-----------------|-------|
| 2:48.56 | 362 | F | 01/03/14 | CCASA Champs & Age Groups Distance Comp | Penzance | Carn Brea | 2 |
| 2:48.65 | 361 | F | 01/03/14 | CCASA Champs & Age Groups Distance Comp | Penzance | Carn Brea | 2 |
| 2:51.67 | 342 | H | 02/11/03 | Essex County Senior Junior Mt | Fullwell Cross | Carn Brea | 2 |
| 2:54.10 | 328 | F | 26/01/14 | Carn Brea & Helston Winter Invitational Meet | Bodmin | Carn Brea | 3 |
| 2:54.25 | 327 | H | 07/02/04 | 25th Braintree 200 Meet | Braintree | Carn Brea | 2 |
| 2:59.11 | 301 | H | 08/02/03 | 24th Braintree 200 Open Meet | Braintree | Carn Brea | 2 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|--|----------------|-----------------|-------|
| 2:48.56 | 362 | F | 01/03/14 | CCASA Champs & Age Groups Distance Comp | Penzance | Carn Brea | 2 |
| 2:48.65 | 361 | F | 01/03/14 | CCASA Champs & Age Groups Distance Comp | Penzance | Carn Brea | 2 |
| 2:54.10 | 328 | F | 26/01/14 | Carn Brea & Helston Winter Invitational Meet | Bodmin | Carn Brea | 3 |
| 2:54.25 | 327 | H | 07/02/04 | 25th Braintree 200 Meet | Braintree | Carn Brea | 2 |
| 2:51.67 | 342 | H | 02/11/03 | Essex County Senior Junior Mt | Fullwell Cross | Carn Brea | 2 |
| 2:59.11 | 301 | H | 08/02/03 | 24th Braintree 200 Open Meet | Braintree | Carn Brea | 2 |