

# Individual Best Times (All Time)

Ryan Sykes - (371207) - West Norfolk Swimming Club - 50 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
31.53	495	H	06/11/16	East Swimming 2016 SC Championships	Luton	West Norfolk	2
31.83	481	F	03/10/15	UEA City of Norwich SC Halloween Howler 2015	Norwich		2
31.98	474	H	28/01/17	Norfolk ASA County Championships 2017	Norfolk	West Norfolk	2
32.18	466	H	18/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	West Norfolk	4
32.22	464	H	19/03/22	West Norfolk SC Open Meet 2022	Kings Lynn	West Norfolk	3
32.25	463	H	08/11/15	ASA East Region Winter Championships 2015	Luton	West Norfolk	2
32.27	462	F	21/02/16	Norfolk County Championships 2016	Thetford	West Norfolk	2
32.35	458	F	28/01/17	Norfolk ASA County Championships 2017	Norfolk	West Norfolk	2
32.42	455	H	17/07/23	West Norfolk Club Championships 2023	King's Lynn	West Norfolk	4
32.50	452	H	19/12/15	Chesterfield Winter Open Championships	Chesterfield	West Norfolk	3
32.52	451	F	08/03/15	Norfolk County Championships	Thetford	West Norfolk	2
32.54	450	F	08/03/15	Norfolk County Championships	Thetford	West Norfolk	2
32.59	448	F	17/01/15	UEA City of Norwich January Resolution Meet	Norwich		3
32.60	448	F	21/02/16	Norfolk County Championships 2016	Thetford	West Norfolk	2
32.68	445	F	05/04/14	Newmarket & District Sixth Open Meet	Newmarket	West Norfolk	3
32.69	444	H	21/02/16	Norfolk County Championships 2016	Thetford	West Norfolk	2
32.85	438	F	18/04/15	Newmarket & District Seventh Open Meet	Newmarket		3
32.96	433	H	13/03/16	West Norfolk Open Meet 2016	Kings Lynn	West Norfolk	3
33.10	428	F	09/03/14	Norfolk County Champs & AG Comp	Thetford	West Norfolk	2
33.12	427	F	03/11/13	Teamipswich Swimming November Open Meet	Ipswich	West Norfolk	3
33.12	427	H	10/05/14	Braintree & Bocking Spring Festival	Braintree	West Norfolk	3
33.12	427	F	01/11/14	Teamipswich Open Meet	Ipswich		3
33.19	424	H	23/06/21	West Norfolk SC Club Champs 2021	Kings Lynn	West Norfolk	4
33.26	422	H	08/03/15	Norfolk County Championships	Thetford	West Norfolk	2
33.33	419	F	20/04/13	Newmarket & District SC Fifth Open Meet	Newmarket	West Norfolk	3
33.41	416	F	09/03/14	Norfolk County Champs & AG Comp	Thetford	West Norfolk	2
33.43	415	F	08/12/15	Chesterfield Winter Open Championships	Chesterfield	West Norfolk	3

33.43	413	F	20/12/13	Chesterfield Winter Open Championships	Chesterfield	West Norfolk	3
33.44	415	F	29/09/13	Dereham & District ASC ICENI	Dereham	West Norfolk	3
33.52	412	F	10/03/13	Norfolk County Championships	Thetford	West Norfolk	2
33.62	408	F	05/10/14	Dereham Icen Level 3 Open Meet	Dereham	West Norfolk	3
33.62	408	H	08/03/20	WNSC Open Meet 2020	Kings Lynn	West Norfolk	3
33.64	407	H	09/03/14	Norfolk County Champs & AG Comp	Thetford	West Norfolk	2
33.70	405	F	19/01/14	Teamipswich January Last Chance Meet	Ipswich	West Norfolk	3
34.21	387	H	10/03/13	Norfolk County Championships	Thetford	West Norfolk	2
34.42	380	H	01/12/12	ASA East Region Winter Championships	Cambridge	West Norfolk	2
34.43	380	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	West Norfolk	2
34.65	373	F	07/04/13	City of Peterborough Licensed Open	Peterborough	West Norfolk	2
36.35	323	F	11/03/12	Norfolk County Championships	Thetford	West Norfolk	2
38.58	270	H	11/03/12	Norfolk County Championships	Thetford	West Norfolk	2
38.93	263	H	10/07/11	City of Norwich Midsummer Madness	Norwich	West Norfolk	3
52.18	109	H	09/03/08	Norfolk County Champs	Thetford	West Norfolk	2
56.03	88	H	11/03/07	Norfolk County Champs	Thetford	West Norfolk	2

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