

# Individual Best Times (All Time)

Alaina Scifo - (496333) - Team Ipswich Swimming - 100 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
1:03.09	658	F	12/12/15	National Arena League-London Premier Div-Round123	Watford	teamipswich	2
1:03.61	642	F	08/11/14	NASL London Premier Division	Harlow	teamipswich	2
1:03.74	638	F	16/03/13	Suffolk County Championships	Ipswich	teamipswich	2
1:03.92	633	F	20/02/16	Suffolk County Championships 2016	Ipswich	teamipswich	2
1:04.01	630	F	07/12/14	ASA East Region Winter Championships	Luton		2
1:04.04	629	H	07/12/14	ASA East Region Winter Championships	Luton		2
1:04.05	629	F	20/02/16	Suffolk County Championships 2016	Ipswich	teamipswich	2
1:04.10	627	F	11/10/14	National Arena League London Premier	Harlow	teamipswich	2
1:04.18	625	F	14/03/15	Suffolk County Championships	Ipswich	teamipswich	2
1:04.29	622	H	14/03/15	Suffolk County Championships	Ipswich	teamipswich	2
1:04.33	621	F	16/03/13	Suffolk County Championships	Ipswich	teamipswich	2
1:04.41	618	F	10/10/15	National Arena League-London Premier Div-Round123	Hatfield	teamipswich	2
1:04.57	614	H	08/11/15	ASA East Region Winter Championships 2015	Luton		2
1:04.64	612	F	15/03/14	Suffolk County Championships	Ipswich	teamipswich	2
1:04.72	610	F	12/10/13	The National Arena Swimming League London	Hertfordshire	teamipswich	2
1:04.73	609	F	08/11/15	ASA East Region Winter Championships 2015	Luton		2
1:04.91	604	F	13/07/14	Teamipswich SC July Surprize Open	Ipswich	teamipswich	3
1:04.93	604	F	01/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
1:04.93	604	F	09/07/17	TeamipswichJuly Surprize Meet 2017	Ipswich	teamipswich	3
1:05.02	601	F	09/11/13	The National Arena Swimming League London	Hatfield	teamipswich	2
1:05.22	596	F	15/03/14	Suffolk County Championships	Ipswich	teamipswich	2
1:05.40	591	F	12/05/12	Hatfield SC UK Challenge	Hatfield	teamipswich	2
1:05.41	590	H	15/12/13	Suffolk County ASA Three Counties Gala	Ipswich	teamipswich	2
1:05.41	590	F	12/07/15	Teamipswich July Surprize Open 2015	Ipswich	teamipswich	3
1:05.45	589	F	27/09/15	Teamipswich Club Championships 2015	Ipswich	teamipswich	4
1:05.71	582	H	27/10/12	Teamipswich 14th Open Meet	Ipswich	teamipswich	2
1:06.05	572	F	08/03/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	2

1:06.03	573	F	20/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
1:06.23	569	F	05/07/15	ASA East Region Inter County Meet	Borehamwood		2
1:06.25	568	F	23/11/14	Teamipswich Club Championships	Ipswich	teamipswich	4
1:06.43	564	H	12/05/12	Hatfield SC UK Challenge	Hatfield	teamipswich	2
1:06.52	561	F	11/03/12	Suffolk County Championships	Newmarket	teamipswich	2
1:06.60	559	H	21/10/12	BG ASA National County Team Division 2	Sheffield	teamipswich	2
1:07.15	546	H	20/10/13	BG ASA National County Team Division 2	Sheffield	teamipswich	2
1:07.29	542	H	22/10/11	teamipswich 13th Open Meet	Ipswich	teamipswich	2
1:07.45	538	H	11/03/12	Suffolk County Championships	Newmarket	teamipswich	2
1:08.30	519	F	19/01/14	Teamipswich January Last Chance Meet	Ipswich	teamipswich	3
1:08.47	515		27/11/11	Teamipswich Club Championships	Ipswich	teamipswich	4
1:08.62	511	F	18/11/12	Teamipswich Club Championships	Ipswich	teamipswich	4
1:08.69	510	C	04/12/11	BG East Region Winter Championships	Norwich	teamipswich	2
1:08.72	509	H	04/12/11	BG East Region Winter Championships	Norwich	teamipswich	2
1:08.83	507		05/03/11	Suffolk County Championships	Ipswich	teamipswich	2
1:08.94	504	H	11/12/11	Cambridgeshire County 3 Counties Gala	Peterborough	teamipswich	3
1:09.46	493		05/03/11	Suffolk County Championships	Ipswich	teamipswich	2
1:10.65	468		07/03/10	Suffolk County Champs	Ipswich	teamipswich	2
1:10.72	467		07/03/10	Suffolk County Champs	Ipswich	teamipswich	2
1:11.32	455	H	15/05/10	Hatfield UK Challenge	Hatfield	teamipswich	2
1:12.13	440	H	24/10/10	teamipswich 25th Open Meet	Ipswich	teamipswich	2
1:13.80	411	H	31/10/09	teamipswich Junior Open	Ipswich	teamipswich	2
1:13.90	409		16/05/09	Hatfield UK Challenge 2009	Herts Sports Village	teamipswich	1
1:13.90	409	H	04/07/10	East Region Inter-County	Ipswich	teamipswich	3
1:14.48	400		08/03/09	Suffolk County Champs	Ipswich	teamipswich	2

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