

Individual Best Times (All Time)

Alaina Scifo - (496333) - Team Ipswich Swimming - 200 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
2:18.98	626	H	13/05/12	Hatfield SC UK Challenge	Hatfield	teamipswich	2
2:19.07	625	F	09/03/14	Suffolk County ASA County Championships	Ipswich	teamipswich	2
2:19.19	623	H	06/12/14	ASA East Region Winter Championships	Luton		2
2:19.51	619	F	11/03/13	Suffolk County Championships	Ipswich	teamipswich	2
2:19.52	619	F	08/03/15	Suffolk County Championships	Ipswich	teamipswich	2
2:19.85	615	F	22/11/15	Teamipswich November Open 2015	Ipswich	teamipswich	3
2:20.07	612	F	14/02/16	Suffolk County Championships 2016	Ipswich	teamipswich	2
2:20.12	611	F	06/12/14	ASA East Region Winter Championships	Luton		2
2:20.92	601	H	07/11/15	ASA East Region Winter Championships 2015	Luton		2
2:22.02	587	F	13/05/12	Hatfield SC UK Challenge	Hatfield	teamipswich	2
2:22.06	586	F	02/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
2:22.30	583	H	28/10/12	Teamipswich 14th Open Meet	Ipswich	teamipswich	2
2:22.76	578	F	07/11/15	ASA East Region Winter Championships 2015	Luton		2
2:25.74	543	H	17/03/12	Suffolk County Championships	Newmarket	teamipswich	2
2:26.66	533	H	03/12/11	BG East Region Winter Championships	Norwich	teamipswich	2
2:26.83	531	H	23/10/11	teamipswich 13th Open Meet	Ipswich	teamipswich	2
2:27.78	521		06/03/11	Suffolk County Championships	Ipswich	teamipswich	2
2:30.99	488	H	15/05/10	Hatfield UK Challenge	Hatfield	teamipswich	2
2:31.15	487	H	08/01/11	teamipswich 12th Licensed Open Meet	Ipswich	teamipswich	3
2:31.20	486		13/03/10	Suffolk County Champs	Ipswich	teamipswich	2
2:31.84	480	H	24/10/10	teamipswich 25th Open Meet	Ipswich	teamipswich	2
2:34.34	457	H	31/10/09	teamipswich Junior Open	Ipswich	teamipswich	2
2:37.39	431		30/10/09	Mildenhall & District Ch	Mildenhall	teamipswich	4
2:38.47	422		16/05/09	Hatfield UK Challenge 2009	Herts Sports Village	teamipswich	1
2:39.39	415	H	17/01/09	teamipswich 10th Open	Ipswich	teamipswich	2
2:39.80	412		14/03/09	Suffolk County Champs	Ipswich	teamipswich	2
2:43.50	384	H	25/10/09	teamipswich 22nd Junior Me	Ipswich	teamipswich	2

2:43.30	304	F	23/10/08	teamipswich 23rd Junior Mt	Ipswich	teamipswich	
2:44.38	378		31/10/08	Mildenhall & District	Mildenhall	teamipswich	4
2:49.82	343		08/03/08	Suffolk County Champs	Ipswich	teamipswich	2
2:57.95	298	H	27/10/07	teamipswich Junior Open	Ipswich	teamipswich	2

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