

Individual Best Times (All Time)

Dominic Scifo - (496341) - Team Ipswich Swimming - 200 Individual Medley - 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
2:08.63	619	F	11/11/17	NASL - London Rounds 2017 - Premier Division	Harlow	teamipswich	2
2:10.59	591	F	14/02/16	Suffolk County Championships 2016	Ipswich	teamipswich	2
2:11.49	579	H	07/11/15	ASA East Region Winter Championships 2015	Luton		2
2:12.07	571	F	12/11/16	NASL London	Hatfield	teamipswich	3
2:12.74	563	F	09/12/17	NASL - London Rounds 2017 - Premier Division	Luton	teamipswich	2
2:13.50	553	F	22/11/15	Teamipswich November Open 2015	Ipswich	teamipswich	3
2:13.89	548	F	07/11/15	ASA East Region Winter Championships 2015	Luton		2
2:15.64	527	F	08/03/15	Suffolk County Championships	Ipswich	teamipswich	2
2:16.06	523	F	22/11/14	Teamipswich Club Championships	Ipswich	teamipswich	4
2:16.33	520	H	06/12/14	ASA East Region Winter Championships	Luton		2
2:17.74	504	F	02/11/14	Teamipswich Open Meet	Ipswich	teamipswich	3
2:18.06	500	F	28/09/14	Teamipswich SC Early Season Open Meet	Ipswich	teamipswich	3
2:20.85	471	F	09/03/14	Suffolk County ASA County Championships	Ipswich	teamipswich	2
2:25.11	431	F	11/03/13	Suffolk County Championships	Ipswich	teamipswich	2
2:33.34	365	H	11/03/12	Suffolk County Championships	Newmarket	teamipswich	2
2:41.99	309		26/11/11	Teamipswich Club Championships	Ipswich	teamipswich	4
2:44.52	295	H	09/01/11	teamipswich 12th Licensed Open Meet	Ipswich	teamipswich	3
2:44.98	293		13/03/11	Suffolk County Championships	Ipswich	teamipswich	2
2:56.60	239	H	24/01/10	teamipswich 11th Open Meet	Ipswich	teamipswich	2
2:57.15	237		14/03/10	Suffolk County Champs	Ipswich	teamipswich	2
2:59.46	227	H	01/11/09	teamipswich Junior Open	Ipswich	teamipswich	2
3:09.76	192		16/11/08	Mildenhall & District Club	Mildenhall	teamipswich	4
3:11.10	188	H	18/01/09	teamipswich 10th Open	Ipswich	teamipswich	2

Swims in Date Order

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2:12.74	563	F	09/12/17	NASL - London Rounds 2017 - Premier Division	Luton	teamipswich	2
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