

# Individual Best Times (All Time)

Daniel Aduakua - (556408) - Staines Swimming Club - 100 Backstroke - Short Course

## Swims in Time Order

| Time    | WA Pts | Round | Date     | Meet                | Venue   | Club Swam Under | Level |
|---------|--------|-------|----------|---------------------|---------|-----------------|-------|
| 1:34.64 | 133    |       | 26/09/10 | Staines Club Champs | Staines | Staines         | 4     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                | Venue   | Club Swam Under | Level |
|---------|--------|-------|----------|---------------------|---------|-----------------|-------|
| 1:34.64 | 133    |       | 26/09/10 | Staines Club Champs | Staines | Staines         | 4     |