

# Individual Best Times (All Time)

Daniel Aduakua - (556408) - Staines Swimming Club - 100 Freestyle - 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
1:01.73	383	F	01/02/14	Hatfield Valentines Meet	Hertfordshire	Staines	3
1:02.57	368	F	02/02/13	Hatfield SC UKC Valentines Meet	Hertfordshire	Staines	3
1:06.17	311	F	25/09/12	Staines Club Championship	Spelthorne	Staines	4
1:06.32	309	F	20/05/12	Woking SC 3rd B C Grade Octopus Open Meet	Woking	Staines	3
1:07.58	292	F	04/12/11	Middlesex County ASA Autumn Develop Meet	Enfield	Staines	4
1:08.21	284	F	17/04/12	Middlesex County ASA Spring Development	Enfield	Staines	4
1:09.41	269		17/07/11	Staines Black Swan Summer Meet	Elmbridge	Staines	3
1:09.59	267		16/10/11	Staines SC Club Championships	Staines	Staines	4
1:14.49	218		25/09/10	Staines Club Champs	Staines	Staines	4

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