

Individual Best Times (All Time)

Daniel Aduakua - (556408) - Staines Swimming Club - 100 Breaststroke - 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
1:16.18	382	F	01/02/14	Hatfield Valentines Meet	Hertfordshire	Staines	3
1:19.12	341	F	02/02/13	Hatfield SC UKC Valentines Meet	Hertfordshire	Staines	3
1:21.00	317	F	24/09/12	Staines Club Championship	Spelthorne	Staines	4
1:22.95	295	F	20/05/12	Woking SC 3rd B C Grade Octopus Open Meet	Woking	Staines	3
1:25.62	269	F	03/12/11	Middlesex County ASA Autumn Develop Meet	Enfield	Staines	4
1:26.14	264		17/07/11	Staines Black Swan Summer Meet	Elmbridge	Staines	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:16.18	382	F	01/02/14	Hatfield Valentines Meet	Hertfordshire	Staines	3
1:19.12	341	F	02/02/13	Hatfield SC UKC Valentines Meet	Hertfordshire	Staines	3
1:21.00	317	F	24/09/12	Staines Club Championship	Spelthorne	Staines	4
1:22.95	295	F	20/05/12	Woking SC 3rd B C Grade Octopus Open Meet	Woking	Staines	3
1:25.62	269	F	03/12/11	Middlesex County ASA Autumn Develop Meet	Enfield	Staines	4
1:26.14	264		17/07/11	Staines Black Swan Summer Meet	Elmbridge	Staines	3