

Individual Best Times (All Time)

Daniel Aduakua - (556408) - Staines Swimming Club - 200 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 |
|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 2:52.62 | 337 | F | 14/07/13 | Staines Black Swan Summer Meet | Elmbridge | Staines | 3 |
| 2:57.91 | 308 | F | 20/01/13 | Staines Club Championships | Staines | Staines | 4 |
| 3:11.32 | 247 | F | 16/04/12 | Middlesex County ASA Spring Development | Enfield | Staines | 4 |

Swims in Date Order

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