Individual Best Times (All Time)

Alicia Demetriades - (558984) - Stowmarket SC - 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
3:23.19	290	H	24/06/12	Suffolk County Development Meet	Newmarket	Sudbury	3
3:23.53	289		18/07/12	Sudbury & District Club Championships	Sudbury	Sudbury	4
3:23.70	288		21/01/12	Sudbury & District Last Chance Open Meet	Sudbury	Sudbury	4
3:25.39	281		05/03/11	Suffolk County Championships	Ipswich	Sudbury	2
3:33.54	250	H	08/01/11	teamipswich 12th Licensed Open Meet	Ipswich	Sudbury	3
3:34.26	247	H	19/09/10	teamipswich Novice Opener	Ipswich	Sudbury	4
3:36.76	239		07/03/10	Suffolk County Champs	Ipswich	Sudbury	2
3:41.68	223	H	23/01/10	teamipswich 11th Open Meet	Ipswich	Sudbury	2
3:41.92	222	H	01/11/09	teamipswich Junior Open	Ipswich	Sudbury	2
3:49.53	201		26/04/09	Newmarket & District Open	Newmarket	Sudbury	2
3:52.85	193		08/03/09	Suffolk County Champs	Ipswich	Sudbury	2
4:15.60	145		22/06/08	Suffolk County Develop Ch	Ipswich	Sudbury	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:23.53	289		18/07/12	Sudbury & District Club Championships	Sudbury	Sudbury	4
3:23.19	290	H	24/06/12	Suffolk County Development Meet	Newmarket	Sudbury	3
3:23.70	288		21/01/12	Sudbury & District Last Chance Open Meet	Sudbury	Sudbury	4
3:25.39	281		05/03/11	Suffolk County Championships	Ipswich	Sudbury	2
3:33.54	250	H	08/01/11	teamipswich 12th Licensed Open Meet	Ipswich	Sudbury	3
3:34.26	247	H	19/09/10	teamipswich Novice Opener	Ipswich	Sudbury	4
3:36.76	239		07/03/10	Suffolk County Champs	Ipswich	Sudbury	2
3:41.68	223	H	23/01/10	teamipswich 11th Open Meet	Ipswich	Sudbury	2
3:41.92	222	H	01/11/09	teamipswich Junior Open	Ipswich	Sudbury	2
3:49.53	201		26/04/09	Newmarket & District Open	Newmarket	Sudbury	2
3:52.85	193		08/03/09	Suffolk County Champs	Ipswich	Sudbury	2

| 4:15.60 | 145 | 22/06/08 | Suffolk County Develop Ch | Ipswich | Sudbury | 3 |