

# Individual Best Times (All Time)

Mark Greenaway - (729326) - Dereham & District SC - 200 Backstroke - 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
2:31.52	338	F	14/07/22	Dereham and District ASC Roger Virgoe	Dereham		4
2:31.52	338	F	14/07/22	Dereham & District ASC Roger Virgoe Meet 2023	Dereham		4
2:32.03	335	F	12/07/16	Dereham & District SC Roger Virgoe Level 3 2016	Dereham	Dereham	3
2:32.88	329	F	17/07/17	Dereham & District ASC Roger Virgoe	Dereham	Dereham	4
2:34.85	317	F	01/10/17	Iceni Level 3 Open Meet 2017	Dereham	Dereham	3
2:35.10	315	F	21/07/23	Dereham & District ASC Roger Virgoe Meet 2023	Dereham		4
2:36.74	306	F	05/12/21	Dereham & District ASC Roger Virgoe	Dereham		4
2:37.80	299	F	16/07/18	Dereham and District Roger Virgoe 2018	Dereham LC	Dereham	4
2:39.13	292	F	02/07/14	Dereham & District Roger Virgo Distance Event	Dereham	Dereham	4
2:39.27	291	H	29/06/14	Norfolk County Challenge Gala 2014	Dereham	Dereham	3
2:43.02	272	F	27/11/13	Dereham Annual Gala	Dereham	Dereham	4
2:45.48	260	H	30/06/13	Norfolk County Challenge 2013	Dereham	Dereham	3
2:50.54	237	F	29/09/13	Dereham & District ASC ICENI	Dereham	Dereham	3
3:00.87	199	H	28/10/12	Diss Otters Open Meet	Diss	Dereham	3
3:15.76	157	H	06/11/11	Diss Otters 14th Open Meet	Thetford	Dereham	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:35.10	315	F	21/07/23	Dereham & District ASC Roger Virgoe Meet 2023	Dereham		4
2:31.52	338	F	14/07/22	Dereham and District ASC Roger Virgoe	Dereham		4
2:31.52	338	F	14/07/22	Dereham & District ASC Roger Virgoe Meet 2023	Dereham		4
2:36.74	306	F	05/12/21	Dereham & District ASC Roger Virgoe	Dereham		4
2:37.80	299	F	16/07/18	Dereham and District Roger Virgoe 2018	Dereham LC	Dereham	4
2:34.85	317	F	01/10/17	Iceni Level 3 Open Meet 2017	Dereham	Dereham	3
2:32.88	329	F	17/07/17	Dereham & District ASC Roger Virgoe	Dereham	Dereham	4
2:32.03	335	F	12/07/16	Dereham & District SC Roger Virgoe Level 3 2016	Dereham	Dereham	3

2:39.13	292	F	02/07/14	Dereham & District Roger Virgo Distance Event	Dereham	Dereham	4
2:39.27	291	H	29/06/14	Norfolk County Challenge Gala 2014	Dereham	Dereham	3
2:43.02	272	F	27/11/13	Dereham Annual Gala	Dereham	Dereham	4
2:50.54	237	F	29/09/13	Dereham & District ASC ICENI	Dereham	Dereham	3
2:45.48	260	H	30/06/13	Norfolk County Challenge 2013	Dereham	Dereham	3
3:00.87	199	H	28/10/12	Diss Otters Open Meet	Diss	Dereham	3
3:15.76	157	H	06/11/11	Diss Otters 14th Open Meet	Thetford	Dereham	4