

# Individual Best Times (All Time)

Mark Greenaway - (729326) - Dereham & District SC - 200 Individual Medley - 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
2:29.43	394	F	03/12/21	Dereham & District ASC Roger Virgoe	Dereham		4
2:29.74	392	F	18/07/17	Dereham & District ASC Roger Virgoe	Dereham	Dereham	4
2:30.26	388	F	18/07/23	Dereham & District ASC Roger Virgoe Meet 2023	Dereham		4
2:30.62	385	F	18/07/19	Dereham & District Roger Virgoe	Dereham	Dereham	4
2:30.82	384	F	03/10/15	Dereham & District SC Icenis 2015 Level 3 Open Meet	Dereham	Dereham	3
2:31.07	382	F	12/07/22	Dereham and District ASC Roger Virgoe	Dereham		4
2:31.07	382	F	12/07/22	Dereham & District ASC Roger Virgoe Meet 2023	Dereham		4
2:31.48	379	H	25/06/23	Swim England Norfolk County Challenge 2023	Dereham	Dereham	3
2:31.49	378	F	02/10/22	Dereham & District ASC Icenis Open	Dereham		3
2:31.60	378	F	19/07/16	Dereham & District Roger Virgoe Level 3 2016	Dereham	Dereham	3
2:31.77	376	F	08/07/15	Dereham & District Roger Virgo 2015	Dereham	Dereham	4
2:31.98	375	H	28/01/17	Norfolk ASA County Championships 2017	Norfolk	Dereham	2
2:32.52	371	F	19/07/18	Dereham and District Roger Virgoe 2018	Dereham LC	Dereham	4
2:32.81	369	F	02/10/16	Dereham Otters Icenis Level 3 Open Meet 2016	Dereham	Dereham	3
2:34.67	356	H	21/02/16	Norfolk County Championships 2016	Thetford	Dereham	2
2:35.02	353	F	11/11/23	National Arena Swimming League East Mids R2 2023	Norwich		2
2:37.29	338	H	28/06/15	Norfolk County Challenge Gala 2015	Dereham		3
2:37.34	338	H	08/03/15	Norfolk County Championships	Thetford		2
2:38.46	331	F	11/07/14	Dereham & District Roger Virgo Distance Event	Dereham	Dereham	4
2:38.75	329	F	05/10/14	Dereham Icenis Level 3 Open Meet	Dereham	Dereham	3
2:50.46	266	H	30/06/13	Norfolk County Challenge 2013	Dereham	Dereham	3
2:53.00	254	H	10/03/13	Norfolk County Championships	Thetford	Dereham	2
3:02.90	215	H	28/10/12	Diss Otters Open Meet	Diss	Dereham	3

## Swims in Date Order

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2:35.02	353	F	11/11/23	National Arena Swimming League East Mids R2 2023	Norwich		2
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