

Individual Best Times (All Time)

Mark Greenaway - (729326) - Dereham & District 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
2:50.45	350	F	20/07/23	Dereham & District ASC Roger Virgoe Meet 2023	Dereham		4
2:50.51	349	F	15/07/22	Dereham and District ASC Roger Virgoe	Dereham		4
2:50.75	348	F	01/10/22	Dereham & District ASC Icen Open	Dereham		3
2:52.55	337	F	29/11/21	Dereham & District ASC Roger Virgoe	Dereham		4
2:53.41	332	H	25/06/23	Swim England Norfolk County Challenge 2023	Dereham	Dereham	3
2:53.46	332	F	18/07/16	Dereham & District Roger Virgoe Level 3 2016	Dereham	Dereham	3
2:53.64	331	F	03/07/15	Dereham & District Roger Virgo 2015	Dereham	Dereham	4
2:54.22	328	F	01/10/16	Dereham Otters Icen Level 3 Open Meet 2016	Dereham	Dereham	3
2:55.08	323	F	20/11/21	Dereham & District SC November 2021 Dual Meet	Dereham		3
2:55.40	321	F	04/10/15	Dereham & District SC Icen 2015 Level 3 Open Meet	Dereham	Dereham	3
2:55.93	318	F	23/07/17	Dereham & District ASC Roger Virgoe	Dereham	Dereham	4
2:56.20	317	H	21/06/15	Norfolk County Challenge Gala 2015	Dereham		3
2:58.85	303	F	04/07/14	Dereham Otters Annual Gala	Dereham	Dereham	4
2:59.26	301	H	22/01/17	Norfolk ASA County Championships 2017	Norfolk	Dereham	2
3:06.07	269	H	02/03/14	Norfolk County Champs & AG Comp	Thetford	Dereham	2
3:06.09	269	F	04/10/14	Dereham Icen Level 3 Open Meet	Dereham	Dereham	3
3:06.63	266	F	25/11/13	Dereham Annual Gala	Dereham	Dereham	4
3:10.69	250	H	20/10/13	Diss Otters SC Open 2013	Norwich	Dereham	3
3:10.90	249	F	28/09/13	Dereham & District ASC ICENI	Dereham	Dereham	3
3:47.44	147	H	06/11/11	Diss Otters 14th Open Meet	Thetford	Dereham	4
3:51.52	139	H	06/03/11	Norfolk County Championships	Thetford	Dereham	2

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