

# Individual Best Times (All Time)

Max Ashken - (844484) - Deben SC - 200 Butterfly - 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
2:13.81	509	F	10/11/19	Deben Open 2019	Ipswich	Deben	3
2:15.24	493	H	07/12/19	Great Yarmouth Winter Wipeout 2019	Norwich	Diss Otters	3
2:16.54	479	F	17/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich		3
2:17.72	467	H	20/09/19	Diss Otters Club Champs 2019	Diss	Diss Otters	4
2:20.93	435	H	09/02/19	Suffolk County Championships 2019	Ipswich	Deben	2
2:23.10	416	F	21/10/18	Deben Open Meet	Ipswich	Deben	3
2:23.69	411	H	03/11/18	Swim England East Region Short Course Championship	Luton	Deben	2
2:23.88	409		05/01/19	Sudbury & District January Last Chance Time Trial	Sudbury	Deben	3
2:24.31	405	F	06/10/18	The Neate Meet 2018	Bury St Edmunds	Deben	3
2:30.18	360	F	10/02/18	Suffolk County Championships 2018	Ipswich	Deben	2
2:32.58	343	H	08/08/21	Deben	Woolverstone	Deben	0
2:35.07	327		06/01/18	Sudbury & District January Last Chance Time Trial	Sudbury	Deben	3
2:35.93	321	F	08/10/17	Deben Open Meet	Ipswich	Deben	3
2:40.65	294	F	08/04/17	Newmarket & District 9th April Open Meet	Newmarket		3
2:44.32	274	F	23/06/17	Deben Club Championships 2017	Deben	Deben	4
2:46.48	264	F	04/02/17	Suffolk County ASA Championships 2017	Ipswich	Deben	2
2:47.91	257	F	19/11/16	Teamipswich November Open 2016	Ipswich	Deben	3
2:51.62	241	H	21/02/16	Norfolk County Championships 2016	Thetford	Diss Otters	2
2:55.03	227	F	01/07/16	Deben Club Championships 2016	Deben	Deben	4
2:59.41	211	F	10/01/16	UEA City of Norwich Resolution Meet 2016	Norwich		3
3:07.16	186	H	18/10/15	Diss Otters 18th Open Sprint Meet	Norwich	Diss Otters	3
3:08.13	183	H	08/03/15	Norfolk County Championships	Thetford	Diss Otters	2
3:24.92	141	F	17/01/15	Teamipswich Swimming January Open Meet	Ipswich	Diss Otters	3
3:25.54	140	H	19/10/14	Diss Otters Meet 2014	Norwich		4
3:57.33	91	H	20/10/13	Diss Otters SC Open 2013	Norwich	Diss Otters	3
4:04.29	83	H	30/06/13	Norfolk County Challenge 2013	Dereham	Diss Otters	3

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