

Individual Best Times (All Time)

Sebastian Munro-Smith - (882622) - West Suffolk Swimming Club - 50 Freestyle - 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
30.42	291	F	07/05/17	The AMAY'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
30.45	290	F	18/06/17	Suffolk County Development Meet	Ipswich	West Suffolk	3
31.51	261	F	30/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	West Suffolk	4
32.38	241	F	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
32.61	236	F	02/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	West Suffolk	4
32.87	230	F	18/06/16	Suffolk County ASA County Development Championship	Newmarket	West Suffolk	3
33.67	214		27/06/15	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
33.77	212	F	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	West Suffolk	3
33.83	211		10/01/15	Sudbury January Last Chance Time Trials	Sudbury	West Suffolk	3
34.88	193		21/06/14	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
35.32	185	F	23/11/14	West Suffolk Club Championships	Bury St Edmunds	West Suffolk	4
36.27	171	F	12/10/14	West Suffolk SC Novice Gala	Bury St Edmunds	West Suffolk	3
36.63	166	F	16/03/13	Suffolk County Championships	Ipswich	West Suffolk	2
37.05	161		11/01/14	Sudbury & District January Time Trials	Sudbury	West Suffolk	3
37.13	160	F	11/05/13	West Suffolk SC Open Meet	Bury St Edmunds	West Suffolk	3
37.43	156	F	06/10/13	West Suffolk SC Novice Gala 2013	Bury St Edmunds	West Suffolk	3
37.84	151		12/01/13	Sudbury & District Last Chance Open Meet	Sudbury	West Suffolk	3
38.40	144	F	02/12/12	Newmarket & District SC Open Meet	Newmarket	West Suffolk	3
39.62	131	F	22/04/12	NDSC 4th Open Meet	Newmarket	West Suffolk	3
43.05	102		21/01/12	Sudbury & District Last Chance Open Meet	Sudbury	West Suffolk	4
43.75	97	H	17/03/12	Suffolk County Championships	Newmarket	West Suffolk	2
45.30	88	H	06/11/11	Diss Otters 14th Open Meet	Thetford	West Suffolk	4

Swims in Date Order

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