

# Individual Best Times (All Time)

Sebastian Munro-Smith - (882622) - West Suffolk Swimming Club - 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
2:45.92	258	F	07/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
2:49.26	243	F	30/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	West Suffolk	4
2:49.76	240	F	19/06/16	Suffolk County ASA County Development Championship	Newmarket	West Suffolk	3
2:50.24	238	F	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
2:55.54	217	F	18/06/17	Suffolk County Development Meet	Ipswich	West Suffolk	3
2:57.65	210	F	02/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	West Suffolk	4
2:57.80	209	F	19/04/15	Newmarket & District Seventh Open Meet	Newmarket	West Suffolk	3
3:01.99	195	F	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	West Suffolk	3
3:02.66	193	F	23/11/14	West Suffolk Club Championships	Bury St Edmunds	West Suffolk	4
3:05.32	185		11/01/15	Sudbury January Last Chance Time Trials	Sudbury	West Suffolk	3
3:06.48	181		28/06/15	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
3:06.92	180	F	10/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	West Suffolk	3
3:07.19	179		22/06/14	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
3:20.13	147		11/01/14	Sudbury & District January Time Trials	Sudbury	West Suffolk	3
3:26.75	133		13/01/13	Sudbury & District Last Chance Open Meet	Sudbury	West Suffolk	3
3:27.28	132	F	17/03/13	Suffolk County Championships	Ipswich	West Suffolk	2
3:37.75	114	H	24/06/12	Suffolk County Development Meet	Newmarket	West Suffolk	3
3:43.89	105	F	22/04/12	NDSC 4th Open Meet	Newmarket	West Suffolk	3
4:01.45	83	H	06/11/11	Diss Otters 14th Open Meet	Thetford	West Suffolk	4

## Swims in Date Order

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