

Individual Best Times (All Time)

Sebastian Munro-Smith - (882622) - West Suffolk Swimming Club - 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
3:21.60	211	F	29/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	West Suffolk	4
3:22.56	208	F	07/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
3:22.83	207	F	18/06/16	Suffolk County ASA County Development Championship	Newmarket	West Suffolk	3
3:29.30	189	F	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
3:36.69	170	F	01/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	West Suffolk	4
3:45.37	151		21/06/14	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
3:45.54	151	F	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	West Suffolk	3
3:52.35	138	F	10/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	West Suffolk	3
3:56.21	131	F	22/11/14	West Suffolk Club Championships	Bury St Edmunds	West Suffolk	4
4:09.46	111		11/01/15	Sudbury January Last Chance Time Trials	Sudbury	West Suffolk	3
4:10.94	109		22/06/13	Suffolk County Development Championships	Newmarket	West Suffolk	3
4:17.07	102		12/01/14	Sudbury & District January Time Trials	Sudbury	West Suffolk	3
4:23.42	94	F	22/04/12	NDSC 4th Open Meet	Newmarket	West Suffolk	3
4:28.37	89	H	23/06/12	Suffolk County Development Meet	Newmarket	West Suffolk	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:22.56	208	F	07/05/17	The A'MAY'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
3:21.60	211	F	29/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	West Suffolk	4
3:22.83	207	F	18/06/16	Suffolk County ASA County Development Championship	Newmarket	West Suffolk	3
3:29.30	189	F	08/05/16	West Suffolk A'May'zing Spring Development Meet	Bury St Edmunds	West Suffolk	3
3:36.69	170	F	01/12/15	West Suffolk Club Championships 2015	Bury St Edmunds	West Suffolk	4
3:45.54	151	F	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	West Suffolk	3
3:52.35	138	F	10/05/15	West Suffolk Spring Development Meet	Bury St Edmunds	West Suffolk	3
4:09.46	111		11/01/15	Sudbury January Last Chance Time Trials	Sudbury	West Suffolk	3
3:56.21	131	F	22/11/14	West Suffolk Club Championships	Bury St Edmunds	West Suffolk	4

3:45.37	151		21/06/14	Suffolk County ASA Development Championships	Newmarket	West Suffolk	3
4:17.07	102		12/01/14	Sudbury & District January Time Trials	Sudbury	West Suffolk	3
4:10.94	109		22/06/13	Suffolk County Development Championships	Newmarket	West Suffolk	3
4:28.37	89	H	23/06/12	Suffolk County Development Meet	Newmarket	West Suffolk	3
4:23.42	94	F	22/04/12	NDSC 4th Open Meet	Newmarket	West Suffolk	3