

Individual Best Times (All Time)

Ruan Rossouw - (1490801) - East Grinstead Swimming Club - 50 Freestyle - Long 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
27.58	435	H	25/02/24	Sussex County ASA County Championships	Crawley		1
27.87	422	F	25/02/24	Sussex County ASA County Championships	Crawley		1
27.94	419	F	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley		3
28.59	391	F	24/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley		3
28.80	382	H	13/05/23	SE South East Region Summer Championships 2023	Winchester		1
29.32	362	F	26/03/23	Guildford City L1 Spring Open Meet 2023	Surrey Sports Parl		1
29.34	361	F	25/02/23	Sussex County & Age Group Championships 2023	Crawley		1
29.41	359	H	25/02/23	Sussex County & Age Group Championships 2023	Crawley		1
30.78	313	F	25/09/22	Lis Hartley L3 Open Meet Crawley 2022	K2 Crawley		3
30.95	308	H	06/05/22	Swim England South East Summer Championships	Crawley		1
33.22	249	F	27/02/22	Sussex County ASA County Championships	Crawley		1
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