Individual Best Times (All Time)

James Russen - (57578) - Norwich Swan SC - 100 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:17.26	297	H	23/02/14	BUCS Long Course 2014	Sheffield	Norwich Swan	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:17.26	297	H	23/02/14	BUCS Long Course 2014	Sheffield	Norwich Swan	1