

Individual Best Times (All Time)

Rami Elias - (706933) - Windsor SC - 200 Backstroke - 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
2:18.55	527	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Windsor	1
2:19.03	521	F	26/03/16	Portsmouth Northsea Easter Festival	Portsmouth	Windsor	1
2:20.32	507	F	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	Windsor	3
2:20.41	506	F	18/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Windsor	1
2:21.26	497	H	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot		1
2:21.30	496	H	29/05/16	City of Cardiff Open Meet	Cardiff	Windsor	1
2:22.05	489	H	30/05/15	ASASER Swimming Championships	Crawley	Windsor	1
2:22.66	482	F	09/02/14	Wycombe District Annual LC Open Meet	Wycombe	Windsor	1
2:22.90	480	H	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent		1
2:22.92	480	F	10/01/15	Portsmouth Northsea January L1 Meet	Portsmouth	Windsor	1
2:24.96	460	F	14/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
2:25.04	459		03/05/14	ASA South East Region Youth Championships	Crawley	Windsor	1
2:25.21	457	F	18/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Windsor	1
2:25.73	452	F	16/11/13	City of Cardiff Capital Open Meet	Cardiff	Windsor	1
2:29.29	421		09/06/13	ASA South East Region Age Group Championships 2013	Crawley	Windsor	1
2:31.27	405	F	29/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	Windsor	1
2:33.65	386	F	17/02/13	Wycombe District Annual LC Open Meet	Wycombe	Windsor	1
2:35.26	374	F	17/11/12	Welsh Capital Open Meet 2012	Cardiff	Windsor	1
2:39.77	343	F	15/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
2:41.57	332	H	12/05/12	Beckenham International Open Meet	London	Windsor	1
2:42.68	325	H	06/04/12	Portsmouth Northsea Easter Festival	Portsmouth	Windsor	1
2:47.63	297	F	12/02/12	Wycombe District Open Meet 2012	Wycombe	Windsor	1
2:49.80	286	H	07/05/11	Berks & South Bucks No Frills Meet	Aldershot	Windsor	1

Swims in Date Order

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2:20.41	506	F	18/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Windsor	1
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2:22.05	489	H	30/05/15	ASASER Swimming Championships	Crawley	Windsor	1
2:22.90	480	H	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent		1
2:22.92	480	F	10/01/15	Portsmouth Northsea January L1 Meet	Portsmouth	Windsor	1
2:18.55	527	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Windsor	1
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