

# Individual Best Times (All Time)

Marawan Abou-El-Rous - (754120) - Borough of Harrow S C - 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
27.25	451	F	14/03/20	2020 London Region Spring Open Meet	London	Bo Of Harrow	1
27.37	445	H	15/02/20	The 2020 Middlesex County Championships	London	Bo Of Harrow	1
27.91	420	H	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Bo Of Harrow	1
28.23	406	H	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	Bo Of Harrow	1
28.52	394	H	25/03/17	MCASA Open Meet	London	Bo Of Harrow	1
28.56	392	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Bo Of Harrow	1
28.69	387	H	14/04/19	Newham & East London L1 National Qualifying Meet	London	Bo Of Harrow	1
28.75	384	F	25/03/17	MCASA Open Meet	London	Bo Of Harrow	1
28.88	379	H	15/04/17	Team Luton April Long Course Meet 2017	Luton	Bo Of Harrow	1
29.16	368	F	27/05/17	2017 London Swimming May Open Meet	London	Bo Of Harrow	1
30.38	326	H	23/07/16	BPSC End of Season Meet 2016	Basildon	Bo Of Harrow	3
30.75	314	H	28/05/16	City of Cardiff Open Meet	Cardiff	Bo Of Harrow	1
31.30	298	H	14/05/16	Team Luton May Long Course Meet	Luton	Bo Of Harrow	1
31.43	294	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Bo Of Harrow	1
31.60	289	H	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Bo Of Harrow	1

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28.56	392	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Bo Of Harrow	1
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31.60	289	H	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Bo Of Harrow	1