

# Individual Best Times (All Time)

Marawan Abou-El-Rous - (754120) - Borough of Harrow S C - 100 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
59.02	500	H	08/02/20	The 2020 Middlesex County Championships	London	Bo Of Harrow	1
1:02.34	424	H	13/04/19	Newham & East London L1 National Qualifying Meet	London	Bo Of Harrow	1
1:02.70	417	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Bo Of Harrow	1
1:03.08	409	H	25/03/17	MCASA Open Meet	London		1
1:03.85	395	H	16/04/17	Team Luton April Long Course Meet 2017	Luton	Bo Of Harrow	1
1:08.47	320	H	29/05/16	City of Cardiff Open Meet	Cardiff	Bo Of Harrow	1
1:08.59	318	H	24/07/16	BPSC End of Season Meet 2016	Basildon	Bo Of Harrow	3
1:08.94	314	H	15/05/16	Team Luton May Long Course Meet	Luton	Bo Of Harrow	1
1:11.06	286	H	27/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Bo Of Harrow	1

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