

Individual Best Times (All Time)

Reef Hook - (801500) - Ealing SC - 50 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
28.70	552	F	10/04/16	London Region Summer Championships	London	Ealing	1
28.71	551	H	10/04/16	London Region Summer Championships	London	Ealing	1
28.79	547	F	26/03/17	MCASA Open Meet	London	Ealing	1
28.92	539	H	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	Ealing	1
28.97	537	H	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	Ealing	1
28.99	536	H	03/08/16	ASA Summer Nationals 2016	Sheffield	Ealing	1
29.01	534	H	26/03/17	MCASA Open Meet	London	Ealing	1
29.10	530	H	27/05/18	London Swimming 2018 Long Course Summer Open	London	Ealing	1
29.12	528	F	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	Ealing	1
29.21	524	F	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	Ealing	1
29.32	518	H	29/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth		1
29.40	513	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Ealing	1
29.40	513	F	28/05/17	2017 London Swimming May Open Meet	London	Ealing	1
29.70	498	H	31/01/16	Burns Open Meet 2016	Sheffield	Ealing	1
30.04	481	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Ealing	1
30.10	478	F	30/05/15	London Regional Championships	London		1
30.41	464	F	15/03/15	London Schools Championships 2015	Crystal Palace		1
30.46	462	F	21/02/15	The Hague Gold Grand Prix	Den Haag		1
30.47	461	H	30/05/15	London Regional Championships	London		1
30.68	452	H	20/02/15	The Hague Gold Grand Prix	Den Haag		1
33.07	361	H	01/07/16	53 Internationale Schwimfest	Darmstadt	Ealing	1
34.39	321	H	12/05/13	Beckenham SC International Open Meet	Crystal Palace	Ealing	1
36.08	278	H	18/11/12	Team Luton Inaugural Long Course Meet	Luton	Ealing	1
37.32	251	F	15/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	Ealing	3

Swims in Date Order

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29.10	530	H	27/05/18	London Swimming 2018 Long Course Summer Open	London	Ealing	1
29.21	524	F	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	Ealing	1
28.92	539	H	06/05/18	2018 London Swimming Regional Summer Champs	Stratford	Ealing	1
29.40	513	F	28/05/17	2017 London Swimming May Open Meet	London	Ealing	1
29.12	528	F	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	Ealing	1
28.97	537	H	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	Ealing	1
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