

# Individual Best Times (All Time)

Reef Hook - (801500) - Ealing SC - 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
54.31	642	F	01/05/17	2017 London Swimming Regional Youth Championships	Stratford	Ealing	1
54.46	637	H	01/05/17	2017 London Swimming Regional Youth Championships	Stratford	Ealing	1
54.78	625	H	07/05/18	2018 London Swimming Regional Summer Champs	Stratford	Ealing	1
54.93	620	F	07/05/18	2018 London Swimming Regional Summer Champs	Stratford	Ealing	1
54.96	619	H	25/03/17	MCASA Open Meet	London	Ealing	1
55.06	616	F	25/03/17	MCASA Open Meet	London	Ealing	1
55.11	614	F	28/05/17	2017 London Swimming May Open Meet	London	Ealing	1
55.20	611	H	27/05/18	London Swimming 2018 Long Course Summer Open	London	Ealing	1
55.32	607	F	15/05/16	MCASA Long Course Open Meet	Guildford	Ealing	1
55.53	600	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Ealing	1
55.54	600	H	31/03/18	Beckenham SC 125th Anniversary International Open	London	Ealing	1
55.69	595	H	09/04/16	London Region Summer Championships	London	Ealing	1
55.69	595	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Ealing	1
55.71	595	H	20/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Ealing	1
55.98	586	H	31/01/16	Burns Open Meet 2016	Sheffield	Ealing	1
56.05	584	F	28/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth		1
56.33	575	H	01/07/16	53 Internationale Schwimfest	Darmstadt	Ealing	1
56.75	563	H	31/07/14	BG ASA National Age Groups Champs 2014	Sheffield		1
56.83	560	H	25/04/15	The National Arena Swimming League 15th B Final	Cardiff	Ealing	1
56.85	560	H	31/05/15	London Region Last Chance Meet	London		1
56.88	559	F	17/05/15	MCASA Long Course Open Meet	Luton	Ealing	1
56.94	557	H	10/05/15	London Region Summer Championships	London		1
57.01	555	F	10/05/15	London Region Summer Championships	London		1
57.02	555	F	07/06/14	London Region Age Group Championships	Stratford	Ealing	1
57.13	551	H	07/06/14	London Region Age Group Championships	Stratford	Ealing	1
57.13	551	H	05/04/15	Beckenham Easter International Open 2015	Crystal Palace		1
57.15	551	H	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatics Cent		1

57.13	551	M	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent			
57.15	551	F	15/03/15	London Schools Championships 2015	Crystal Palace			1
57.29	547	H	22/02/15	The Hague Gold Grand Prix	Den Haag			1
57.38	544	H	27/04/14	Bexley Long Course Open Meet	London	Ealing		1
57.40	544	F	17/05/14	MCASA Long Course Championships 2014	Surrey	Ealing		1
57.82	532	H	17/05/14	MCASA Long Course Championships 2014	Surrey	Ealing		1
57.82	532	F	22/02/15	The Hague Gold Grand Prix	Den Haag			1
57.96	528	F	21/12/13	Hillingdon Winter Open Meet	Hillingdon	Ealing		1
58.62	510	H	17/11/13	Team Luton Autumn LC Open Meet	Luton	Ealing		1
59.14	497	H	07/12/13	London Winter Championships	Ealing	Ealing		1
1:00.74	459	F	13/07/13	Wycombe District SC End of Season Meet	Wycombe	Ealing		3
1:01.51	442	H	01/06/13	ASA London Region Age Groups 2013	London	Ealing		1
1:01.96	432	H	12/05/13	Beckenham SC International Open Meet	Crystal Palace	Ealing		1
1:02.09	429	H	13/07/13	Wycombe District SC End of Season Meet	Wycombe	Ealing		3
1:03.17	408	H	14/04/13	Bexley SC Long Course Open Meet	London	Ealing		1
1:05.53	365	H	18/11/12	Team Luton Inaugural Long Course Meet	Luton	Ealing		1
1:09.33	308	F	14/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	Ealing		3
1:10.03	299	H	22/04/12	London Schools ESSA Divisional Trials	London	Ealing		1
1:19.74	202	F	15/10/11	Wycombe District SC Annual B C Meet	High Wycombe	Ealing		3

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56.94	557	H	10/05/15	London Region Summer Championships	London		1
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57.13	551	H	05/04/15	Beckenham Easter International Open 2015	Crystal Palace		1
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57.15	551	H	31/01/15	London Swimming South Region Zonal Meet 2015	London Aquatic Cent		1
56.75	563	H	31/07/14	BG ASA National Age Groups Champs 2014	Sheffield		1
57.02	555	F	07/06/14	London Region Age Group Championships	Stratford	Ealing	1
57.13	551	H	07/06/14	London Region Age Group Championships	Stratford	Ealing	1
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