

Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich SC - 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
24.05	657	F	09/04/23	City of Norwich Easter Meet 2023	Norwich		1
24.27	639	F	31/03/24	City of Norwich Easter Meet 2024	Norwich		1
24.34	634	H	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	Co Norwich	1
24.35	633	F	30/04/23	Swim England East Region LC Championships 2023	Norwich	Co Norwich	1
24.47	623	H	30/04/23	Swim England East Region LC Championships 2023	Norwich	Co Norwich	1
24.58	615	H	31/03/24	City of Norwich Easter Meet 2024	Norwich		1
24.61	613	F	03/02/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
24.64	611	F	21/04/24	Swim England East Region LC Championships 2024	Luton	Co Norwich	1
24.67	608	H	09/04/23	City of Norwich Easter Meet 2023	Norwich		1
24.68	608	H	21/04/24	Swim England East Region LC Championships 2024	Luton	Co Norwich	1
24.72	605	H	02/08/23	Swim England National Summer Meet 2023	Sheffield	Co Norwich	1
24.90	592	H	03/02/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
24.95	588	F	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich		3
24.96	587	F	05/03/23	CONSC March LC Open Meet 2023	Sportspark		3
25.02	583	H	26/02/22	Norfolk County Championships	UEA Sportspark	Co Norwich	1
25.13	576	F	17/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
25.13	576	H	25/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	Co Norwich	1
25.21	570	H	29/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
25.29	565	H	05/08/22	Swim England National Summer Meet 2022	Sheffield	Co Norwich	1
25.34	561	H	17/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
25.37	559	F	29/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
25.83	530	F	10/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
25.94	523	H	01/05/22	SE East Region Long Course Championships 2022	Norwich	Co Norwich	1
26.25	505	F	06/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
26.91	469	F	11/07/21	CONSC Midsummer Madness 2021	Norwich		3
28.22	406	F	02/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
28.24	402	H	02/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1

28.51	402	F	02/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
29.09	371	F	22/06/19	2019 Long Course Summer Open	London	Co Norwich	1
29.72	348	F	03/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3
29.99	338	H	03/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
30.03	337	F	08/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	Co Norwich	3
30.05	336	H	21/04/19	CoNSC EASTER MEET 2019	Norwich	Co Norwich	1
30.39	325	F	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
31.46	293	H	14/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
31.48	293	H	15/04/18	N&EL L1 National Qualifying Meet	London		1
31.98	279	H	16/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co Norwich	1
32.10	276	H	01/04/18	City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
32.11	276	F	14/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
32.73	260	F	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	Co Norwich	3
33.17	250	H	27/05/17	ASA East Region Long Course Championships	Norwich	Co Norwich	1
33.30	247	H	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
34.01	232	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Co Norwich	1
34.98	213	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Norwich	1
35.25	208	F	07/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1
35.72	200	F	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	Co Norwich	3
36.17	193	H	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Co Norwich	1
37.54	172	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Co Norwich	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
24.64	611	F	21/04/24	Swim England East Region LC Championships 2024	Luton	Co Norwich	1
24.68	608	H	21/04/24	Swim England East Region LC Championships 2024	Luton	Co Norwich	1
24.27	639	F	31/03/24	City of Norwich Easter Meet 2024	Norwich		1
24.58	615	H	31/03/24	City of Norwich Easter Meet 2024	Norwich		1
24.34	634	H	16/03/24	Derby Excel Spring Qualifier 2024	Sheffield	Co Norwich	1
24.61	613	F	03/02/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
24.90	592	H	03/02/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
24.72	605	H	02/08/23	Swim England National Summer Meet 2023	Sheffield	Co Norwich	1
24.95	588	F	09/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich		3
24.35	633	F	30/04/23	Swim England East Region LC Championships 2023	Norwich	Co Norwich	1
24.47	623	H	30/04/23	Swim England East Region LC Championships 2023	Norwich	Co Norwich	1
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24.96	587	F	05/03/23	CONSC March LC Open Meet 2023	Sportspark		3
25.37	559	F	29/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
25.21	570	H	29/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
25.29	565	H	05/08/22	Swim England National Summer Meet 2022	Sheffield	Co Norwich	1
25.83	530	F	10/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
25.94	523	H	01/05/22	SE East Region Long Course Championships 2022	Norwich	Co Norwich	1
25.13	576	F	17/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
25.34	561	H	17/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
26.25	505	F	06/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
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26.91	469	F	11/07/21	CONSC Midsummer Madness 2021	Norwich		3
30.03	337	F	08/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	Co Norwich	3
28.22	406	F	02/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
28.31	402	H	02/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
29.09	371	F	22/06/19	2019 Long Course Summer Open	London	Co Norwich	1

30.05	336	H	21/04/19	CoNSC EASTER MEET 2019	Norwich	Co Norwich	1
29.72	348	F	03/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3
29.99	338	H	03/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
31.48	293	H	15/04/18	N&EL L1 National Qualifying Meet	London		1
32.10	276	H	01/04/18	City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
30.39	325	F	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
32.11	276	F	14/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
31.46	293	H	14/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
33.17	250	H	27/05/17	ASA East Region Long Course Championships	Norwich	Co Norwich	1
31.98	279	H	16/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co Norwich	1
32.73	260	F	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	Co Norwich	3
34.01	232	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Co Norwich	1
33.30	247	H	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
35.25	208	F	07/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1
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36.17	193	H	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Co Norwich	1
37.54	172	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Co Norwich	1