

# Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich SC - 100 Butterfly - 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
59.26	581	F	28/01/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
1:00.15	555	F	29/03/24	City of Norwich Easter Meet 2024	Norwich		1
1:00.22	553	H	28/01/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
1:00.38	549	F	07/04/23	City of Norwich Easter Meet 2023	Norwich		1
1:00.46	547	H	17/03/24	Derby Excel Spring Qualifier 2024	Sheffield	Co Norwich	1
1:00.51	545	H	20/04/24	Swim England East Region LC Championships 2024	Luton	Co Norwich	1
1:00.69	540	F	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich		3
1:00.84	536	H	29/04/23	Swim England East Region LC Championships 2023	Norwich	Co Norwich	1
1:00.86	536	H	26/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	Co Norwich	1
1:00.86	536	H	29/03/24	City of Norwich Easter Meet 2024	Norwich		1
1:00.95	534	H	07/04/23	City of Norwich Easter Meet 2023	Norwich		1
1:01.14	529	F	05/03/23	CONSC March LC Open Meet 2023	Sportspark		3
1:02.42	497	H	30/04/22	SE East Region Long Course Championships 2022	Norwich	Co Norwich	1
1:02.69	490	F	29/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
1:02.75	489	F	09/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
1:02.93	485	H	15/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
1:03.05	482	H	27/02/22	Norfolk County Championships	UEA Sportspark	Co Norwich	1
1:03.63	469	H	29/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
1:03.78	466	F	06/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
1:08.46	376	F	10/07/21	CONSC Midsummer Madness 2021	Norwich		3
1:09.79	355	H	01/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
1:10.53	344	F	01/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
1:10.69	342	F	08/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	Co Norwich	3
1:12.93	311	H	02/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
1:14.24	295	H	19/04/19	CoNSC EASTER MEET 2019	Norwich		1
1:15.03	286	F	02/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
1:15.47	284	F	02/02/19	CONSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3

1:15.47	281	F	03/03/19	CONSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3
1:15.70	278	H	07/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
1:17.86	256	H	29/05/17	ASA East Region Long Course Championships	Norwich	Co Norwich	1
1:17.98	255	F	07/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
1:24.70	198	H	28/05/18	East Swimming Long Course Championships 2018	Luton	Co Norwich	1
1:24.79	198	F	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
1:26.53	186	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
1:26.74	185	H	07/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Co Norwich	1
1:30.93	160	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Norwich	1
1:38.20	127	F	07/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1

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