

Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich 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
31.82	405	F	10/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
33.49	347	F	11/07/21	CONSC Midsummer Madness 2021	Norwich		3
34.00	332	F	02/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
34.19	326	H	02/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
36.48	269	H	14/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
36.78	262	H	03/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
37.47	248	F	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	Co Norwich	3
37.58	246	F	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
37.58	246	H	30/03/18	City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
38.02	237	H	14/04/18	N&EL L1 National Qualifying Meet	London		1
38.31	232	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
38.40	230	H	14/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co Norwich	1
38.76	224	F	14/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
38.88	222	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Co Norwich	1
39.50	211	F	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	Co Norwich	3
39.99	204	H	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
41.19	186	F	07/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1
41.30	185	F	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	Co Norwich	3
42.13	174	F	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	Co Norwich	3
42.93	165	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Co Norwich	1

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