

Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich SC - 100 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
1:09.85	403	F	09/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
1:12.31	363	F	25/01/20	Norfolk County Championships 2020	Norwich	Co Norwich	1
1:13.47	346	F	11/07/21	CONSC Midsummer Madness 2021	Norwich		3
1:13.73	342	H	25/01/20	Norfolk County Championships 2020	Norwich	Co Norwich	1
1:18.13	288	H	26/01/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
1:20.18	266	F	02/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3
1:20.69	261	F	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	Co Norwich	3
1:20.84	260	F	26/01/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
1:22.32	246	H	01/04/18	City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
1:24.72	225	F	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
1:25.86	217	H	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
1:27.36	206	H	06/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
1:27.88	202	F	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
1:28.21	200	F	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	Co Norwich	3
1:28.98	195	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
1:30.41	185	F	06/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1
1:30.41	185	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Co Norwich	1
1:31.34	180	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Norwich	1
1:31.74	177	H	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Co Norwich	1

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