

Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich SC - 200 Individual Medley - 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
2:29.79	440	F	10/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
2:35.47	394	F	10/07/21	CONSC Midsummer Madness 2021	Norwich		3
2:36.09	389	H	25/01/20	Norfolk County Championships 2020	Norwich	Co Norwich	1
2:40.99	355	F	07/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	Co Norwich	3
2:41.76	350	H	26/01/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
2:48.42	310	F	02/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3
2:48.71	308	F	07/07/18	City of Norwich Midsummer Madness 2018	Norwich	Co Norwich	3
2:48.80	308	F	20/04/19	CoNSC EASTER MEET 2019	Norwich	Co Norwich	1
2:48.81	307	F	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	Co Norwich	3
2:52.65	287	F	15/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co Norwich	1
2:53.16	285	F	31/03/18	City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
2:53.36	284	F	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
2:54.55	278	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
2:55.36	274	F	25/03/17	UEA CoNSC March Long Course Open 2017	Norwich	Co Norwich	3
2:55.54	273	H	28/05/17	ASA East Region Long Course Championships	Norwich	Co Norwich	1
2:55.92	272	H	06/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
3:00.72	251	H	08/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Co Norwich	1
3:02.35	244	F	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
3:04.36	236	F	26/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
3:10.31	214	H	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Norwich	1
3:11.81	209	F	06/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1
3:18.49	189	F	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Norwich	1
3:19.21	187	F	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	Co Norwich	3
3:22.30	178	F	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Co Norwich	1
3:22.93	177	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Co Norwich	1

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