

Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich SC - 400 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
5:33.96	382	F	08/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	Co Norwich	3
5:43.79	350	H	01/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
5:46.93	341	H	02/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
6:00.60	304	H	15/04/18	N&EL L1 National Qualifying Meet	London		1
6:03.20	297	F	04/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
6:14.24	272	H	13/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
7:03.95	187	F	06/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1

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