

Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich SC - 200 Freestyle - 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
2:01.08	597	F	31/03/24	City of Norwich Easter Meet 2024	Norwich		1
2:02.84	572	F	09/04/23	City of Norwich Easter Meet 2023	Norwich		1
2:03.37	565	H	27/01/24	SE Norfolk County Championships 2024	Norwich	Co Norwich	1
2:03.83	558	H	01/05/23	Swim England East Region LC Championships 2023	Norwich	Co Norwich	1
2:03.92	557	F	04/03/23	CONSC March LC Open Meet 2023	Sportspark		3
2:05.51	536	F	08/07/23	Co Norwich SC Midsummer Madness Open Meet 2023	Norwich		3
2:05.95	531	H	04/05/24	Swim England East Region LC Championships 2024	Norwich	Co Norwich	1
2:06.40	525	F	17/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
2:06.53	523	H	26/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	Co Norwich	1
2:06.70	521	H	28/01/23	Norfolk County Championships 2023	Norwich	Co Norwich	1
2:07.14	516	F	09/07/22	City of Norwich SC Midsummer Madness 2022	Norwich		3
2:07.66	510	H	26/02/22	Norfolk County Championships	UEA Sportspark	Co Norwich	1
2:08.21	503	F	05/03/22	City of Norwich SC L3 March LC Open Meet 2022	Norwich		3
2:14.56	435	F	11/07/21	CONSC Midsummer Madness 2021	Norwich		3
2:14.83	432	H	25/01/20	Norfolk County Championships 2020	Norwich	Co Norwich	1
2:14.96	431	F	07/03/20	City of Norwich 2020 March L3 LC Open Meet	Norwich	Co Norwich	3
2:18.38	400	F	02/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	Co Norwich	3
2:19.07	394	H	26/01/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
2:19.91	387	F	22/06/19	2019 Long Course Summer Open	London	Co Norwich	1
2:23.94	355	F	03/03/18	UEA Norwich March Long Course Open Meet	Norwich	Co Norwich	3
2:25.94	341	F	21/04/19	CoNSC EASTER MEET 2019	Norwich	Co Norwich	1
2:29.53	317	H	29/05/17	ASA East Region Long Course Championships	Norwich	Co Norwich	1
2:29.94	314	F	08/07/17	UEA City of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
2:31.90	302	H	06/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
2:31.95	302	F	01/04/18	City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
2:33.87	291	H	15/04/18	N&EL L1 National Qualifying Meet	London		1
2:33.88	290	F	16/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co Norwich	1

2:33.99	290	F	16/04/17	UEA City of Norwich Easter LC Meet	Norwich	Co Norwich	1
2:36.48	276	F	02/07/16	UEA City Of Norwich Midsummer Madness Open Meet	Norwich	Co Norwich	3
2:38.88	264	H	28/05/18	East Swimming Long Course Championships 2018	Luton	Co Norwich	1
2:40.09	258	H	07/05/16	Rotherham Metro Level One Long Course Meet	Sheffield	Co Norwich	1
2:40.91	254	F	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
2:44.27	239	H	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Norwich	1
2:46.02	231	F	06/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich	Co Norwich	1
2:47.19	227	F	11/07/15	UEA City of Norwich Mid-Summer Madness Open	Norwich	Co Norwich	3
2:53.03	204	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	Co Norwich	1
3:00.68	179	F	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Co Norwich	1

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