

Individual Best Times (All Time)

Nana Opoku-Gyamfi - (1100680) - Team Luton Swimming - 100 Backstroke - Short 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
1:20.77	313	H	16/10/16	Team Luton Autumn Short Course Meet	Luton	Team Luton	3
1:22.05	299	H	25/10/15	Team Luton Autumn Short Course Meet	Luton		3
1:23.49	284	H	19/09/15	Team Luton Club Championships 2015 2016	Luton		3
1:23.71	281	F	28/11/15	Hatfield SC Winter Gala 2015	Hatfield	Team Luton	3
1:23.95	279	H	13/12/15	Team Luton Winter Development Meet	Luton		3
1:25.46	264	H	10/09/16	Team Luton Club Championships 2016 17	Luton	Team Luton	4
1:26.08	259	H	18/07/15	Team Luton 2 Fast 2 Furious Sprint Meet	Luton		3
1:29.09	233	H	16/11/14	Team Luton Autumn Short Course Meet	Luton		2
1:30.95	219	H	20/09/14	Team Luton Club Championships	Luton		4
1:31.87	213	F	06/07/14	City of St Albans Open Meet	St Albans	Team Luton	3
1:44.58	144	F	11/05/13	HHSC 2nd Spring Development Meet	Hemel Hempstead	Team Luton	3
2:18.09	62	H	08/09/12	Team Luton Club Championships	Luton	Team Luton	4

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2:18.09

62

H

08/09/12

Team Luton Club Championships

Luton

Team Luton

4