

Individual Best Times (All Time)

Nana Opoku-Gyamfi - (1100680) - Team Luton Swimming - 200 Individual Medley - 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
3:07.19	275	F	03/04/16	Hatfield Spring Gala	Hatfield	Team Luton	3
3:07.50	274	H	15/10/16	Team Luton Autumn Short Course Meet	Luton	Team Luton	3
3:07.59	274	H	24/10/15	Team Luton Autumn Short Course Meet	Luton		3
3:10.64	261	H	17/10/15	Team Luton Club Championships 2015 2016	Luton		3
3:11.24	258	H	16/07/16	Team Luton Fast & Furious III Sprint Meet	Luton	Team Luton	3
3:15.55	241	H	27/06/15	Team Luton Skills Challenge	Luton		4
3:15.61	241	H	03/12/16	Team Luton Club Championships 2016 17	Luton	Team Luton	4
3:18.09	232	F	22/11/14	Hatfield Winter Gala	Hatfield	Team Luton	3
3:20.13	225	H	15/11/14	Team Luton Autumn Short Course Meet	Luton		2
3:23.82	213	H	27/04/14	Team Luton 2014 Short Course Open Meet	Luton	Team Luton	3
3:26.77	204	H	28/06/14	Team Luton SC Club Championships	Luton	Team Luton	4
3:36.46	178	H	02/06/13	Team Luton SC Club Championships Round 2	Luton	Team Luton	4

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3:36.46 178

H

02/06/13 Team Luton SC Club Championships Round 2

Luton

Team Luton

4