Individual Best Times (All Time)

Nana Opoku-Gyamfi - (1100680) - Team Luton Swimming - 100 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
1:22.89	316	F	01/10/16	Hatfield Early Season Gala	Hatfield	Team Luton	3
1:26.01	283	H	25/06/16	Team Luton Club Championships 2015 2016	Luton	Team Luton	3
1:30.13	246	H	18/10/14	Team Luton Club Championships	Luton		4
1:30.43	244	H	25/10/14	Flitwick Dolphins Open Meet	Biggleswade		3
1:35.10	209	F	28/09/13	Tring SC Level 3 Sprint Open Meet	Aylesbury	Team Luton	3
1:43.10	164	F	11/05/13	HHSC 2nd Spring Development Meet	Hemel Hempstead	Team Luton	3
1:57.55	111	H	27/10/12	Team Luton Club Championships	Luton	Team Luton	4

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