

Individual Best Times (All Time)

Ruan Rossouw - (1490801) - East Grinstead Swimming Club - 50 Freestyle - 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
26.97	417	F	19/05/24	East Grinstead SC Open Meet 2024	Crawley	East Grins'd	3
27.18	408	F	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham		3
28.26	363	F	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley		2
28.33	360	F	24/06/23	Atlantis Summer Splash 2023	Horsham		3
28.42	356	F	02/07/23	East Grinstead 2023 Summer Championships 2023	Edenbridge		4
28.67	347	F	03/12/23	East Grinstead Winter Championships 2023	Edenbridge	East Grins'd	4
29.70	312	F	16/10/22	Sussex County ASA Winter Competition	Crawley		2
30.01	303	F	26/11/22	Atlantis SC Christmas Cracker 2022	Horsham		3
30.10	300	F	11/12/22	East Grinstead SC Winter Championships 2022	Edenbridge		4
31.83	254	F	04/07/22	East Grinstead 2022 Summer Championships	Edenbridge LC		4
32.20	245	F	29/05/22	Bognor Regis SC Vanessa Knight Open Meet 2022	Arun Cen		3
33.09	226	F	16/01/22	Brighton SC Tom Handley Open Meet	Prince Regent		3
34.08	207	F	13/11/21	National Arena Swimming League South - Round Two	Bexleyheath		3
34.25	203	F	12/12/21	East Grinstead 2021 Winter Championships	East Grinstead		4
34.67	196	F	11/12/21	National Arena Swimming League South Round 3	Bexleyheath		3
44.09	95	F	01/12/19	EGSC 2019 Winter Club Championships	Kings Centre	East Grins'd	4

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