

Individual Best Times (All Time)

Ruan Rossouw - (1490801) - East Grinstead Swimming Club - 100 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
1:00.92	398	F	03/03/24	Atlantis March Madness Sprint Meet 2024	Horsham		3
1:01.47	388	F	21/10/23	Sussex County ASA Winter AG Competition 2023	Crawley		2
1:02.50	369	F	26/11/23	Atlantis SC Christmas Cracker 2023	Horsham		3
1:02.81	363	F	13/10/23	National Arena Swimming League South R1 2023	Horsham		3
1:03.22	356	F	15/12/23	East Grinstead Winter Championships 2023	Edenbridge	East Grins'd	4
1:04.22	340	F	25/06/23	Atlantis Summer Splash 2023	Horsham		3
1:04.23	340	F	11/11/23	National Arena Swimming League South R2 2023	Horsham		3
1:04.28	339	F	09/12/23	National Arena Swimming League South R3 2023	Bexleyheath		3
1:08.44	281	F	27/11/22	Atlantis SC Christmas Cracker 2022	Horsham		3
1:10.44	257	F	09/12/22	East Grinstead SC Winter Championships 2022	Edenbridge		4
1:15.87	206	F	15/01/22	Brighton SC Tom Handley Open Meet	Prince Regent		3
1:16.47	201	F	06/07/22	East Grinstead 2022 Summer Championships	Edenbridge LC		4
1:18.09	189	F	10/12/21	East Grinstead 2021 Winter Championships	East Grinstead		4
1:47.62	72	F	17/11/19	EGSC 2019 Winter Club Championships	Kings Centre	East Grins'd	4

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