

Individual Best Times (All Time)

Ruan Rossouw - (1490801) - East Grinstead Swimming Club - 50 Breaststroke - 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
36.33	323	F	22/10/23	Sussex County ASA Winter AG Competition 2023	Crawley		2
37.41	296	F	25/06/23	Atlantis Summer Splash 2023	Horsham		3
39.25	256	F	15/12/23	East Grinstead Winter Championships 2023	Edenbridge	East Grins'd	4
39.94	243	F	26/11/22	Atlantis SC Christmas Cracker 2022	Horsham		3
40.59	232	F	02/12/22	East Grinstead SC Winter Championships 2022	Edenbridge		4
40.64	231	F	15/10/22	Sussex County ASA Winter Competition	Crawley		2
41.66	214	F	01/07/22	East Grinstead 2022 Summer Championships	Edenbridge LC		4
43.57	187	F	29/05/22	Bognor Regis SC Vanessa Knight Open Meet 2022	Arun Cen		3
46.05	159	F	11/12/21	National Arena Swimming League South Round 3	Bexleyheath		3
46.10	158	F	05/12/21	East Grinstead 2021 Winter Championships	East Grinstead		4

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