

Individual Best Times (All Time)

Ben Ross - (1578724) - East Grinstead Swimming Club - 50 Backstroke - 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
44.24	124	F	09/07/23	East Grinstead 2023 Summer Championships 2023	Edenbridge		4
44.64	121	F	16/10/22	Sussex County ASA Winter Competition	Crawley		2
45.03	118	F	04/07/22	East Grinstead 2022 Summer Championships	Edenbridge LC		4
45.47	114	F	05/12/21	East Grinstead 2021 Winter Championships	East Grinstead		4
45.88	111	F	08/10/22	National Arena Swim League South Round One	Bexleyheath		3
46.66	106	F	27/11/22	Atlantis SC Christmas Cracker 2022	Horsham		3

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