

# Individual Best Times (All Time)

Mohamed Abou-El-Rous - (362112) - Borough of Harrow S C - 200 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
2:18.07	372	H	26/04/14	Team Luton 2014 Short Course Open Meet	Luton	Bo Of Harrow	3
2:21.98	342	F	03/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
2:22.19	341	H	12/01/14	Basildon & Phoenix Last Chance County	Basildon	Bo Of Harrow	3
2:24.15	327	F	23/03/14	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:28.53	299	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
2:43.67	223	F	02/02/13	Ealing L3 Open Meet	Northolt	Bo Of Harrow	3
2:49.63	201	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
3:16.61	129	F	23/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:18.07	372	H	26/04/14	Team Luton 2014 Short Course Open Meet	Luton	Bo Of Harrow	3
2:24.15	327	F	23/03/14	Middlesex County Championships	Enfield	Bo Of Harrow	2
2:22.19	341	H	12/01/14	Basildon & Phoenix Last Chance County	Basildon	Bo Of Harrow	3
2:21.98	342	F	03/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
2:28.53	299	F	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	Bo Of Harrow	3
2:43.67	223	F	02/02/13	Ealing L3 Open Meet	Northolt	Bo Of Harrow	3
2:49.63	201	F	16/12/12	Borough of Harrow SC Christmas Cracker	London	Bo Of Harrow	3
3:16.61	129	F	23/09/12	Borough of Harrow SC Club Championships	Harrow	Bo Of Harrow	4